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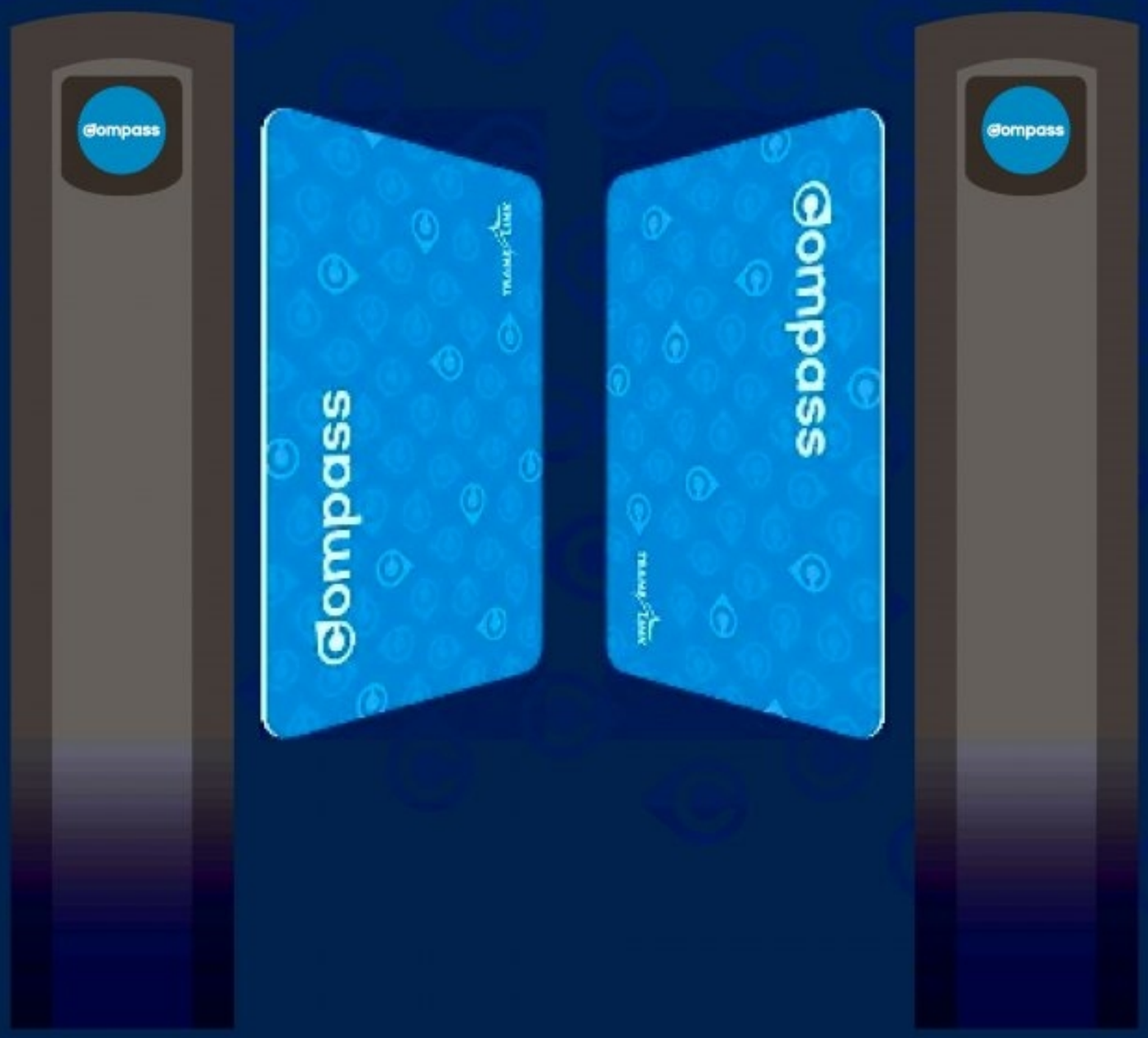

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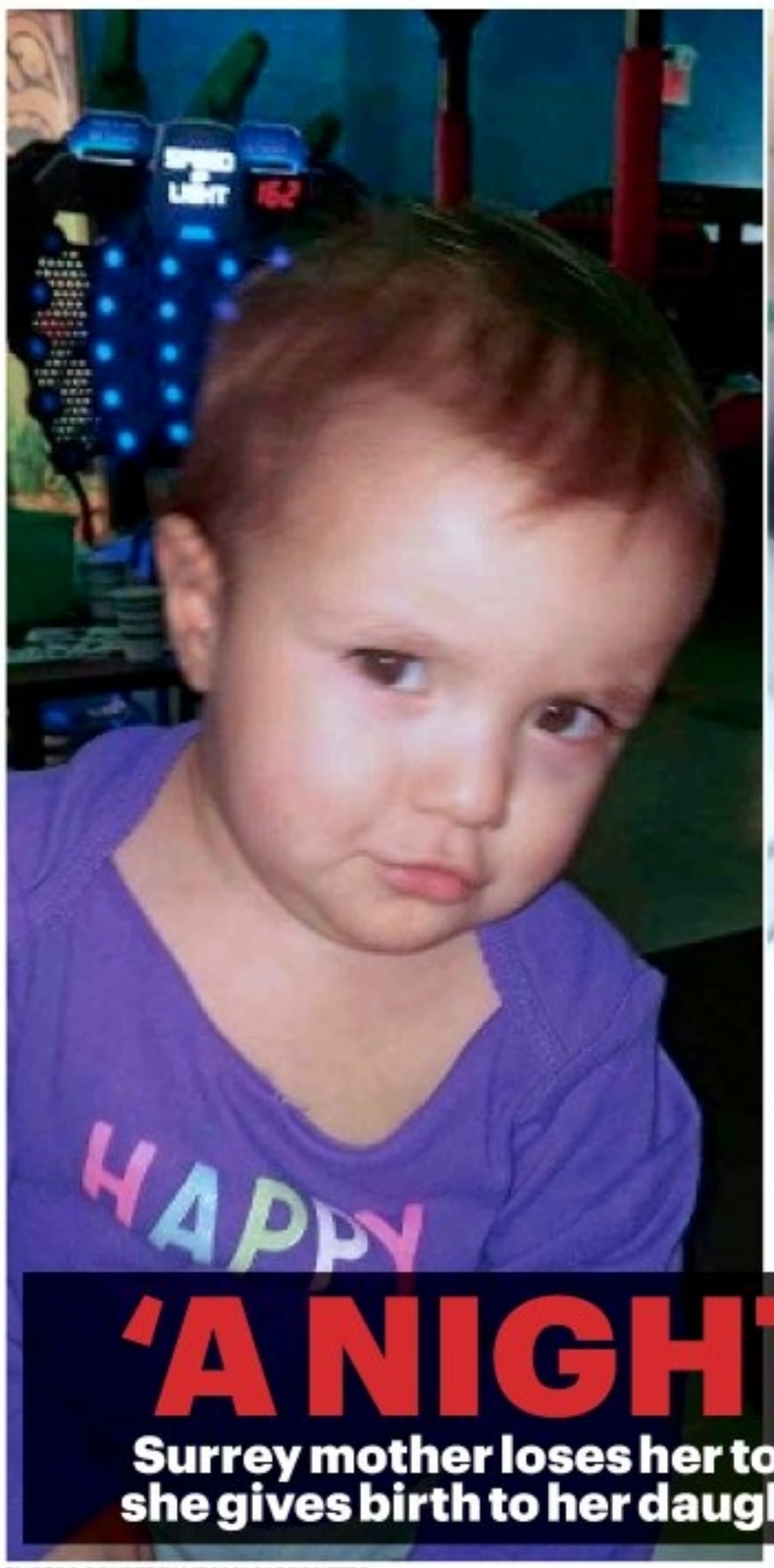

'A NIGHTMARE'

Surrey mother loses her toddler Sarah the same day she gives birth to her daughter Zipporah metroNEWS

PHOTOS COURTESY MEGAN CARBONETTO

'Disgusting' tickets to ride

MENTAL HEALTH

Saskatchewan sends homeless to B.C. by bus, Clark reacts

Emily Jackson
Metro | Vancouver

Premier Christy Clark said the province should and will help the two homeless men en route to the west coast after the Saskatchewan government bought them one-way bus tickets to B.C., where neither had social services lined up.

Saskatchewan's ministry of social services spent $500 on B.C.-bound bus tickets for the two First Nations men instead of helping them at home, where their local shelter recently faced funding cuts, the Saskatoon Star Phoenix reported Wednesday.

According to the newspaper, one man has family in Victoria and one, a 21-year-old who struggles with mental health problems, doesn't know a soul in Vancouver, his final destination. The men embarked from North Battleford, Sask. Tuesday night, but it's not clear whether they arrived in B.C.

Regardless, Clark said the province stands ready to help, adding that B.C.'s strong economy is attracting a variety of people.

"I think everybody in British Columbia would say we want to support people with serious mental illness and we want to make sure they get the care that they need," Clark told reporters. "Wherever they are in Canada, we should be supporting them ... if they decide to come to British Columbia, we're going to support them in that."

Vancouver Coun. Kerry Jang, who is also a psychiatry professor at UBC who researches mental illness, said this story shows homelessness is a problem across Canada and called for a national homelessness strategy. Meanwhile, he hopes Saskatchewan will look to British Columbia for how to properly treat people who need low barrier shelters.

> **You just don't treat people that way.**
> Coun. Kerry Jang

"To treat two human beings that way, slapping them on the bus, one reportedly with mental health issues, to send them off into the night, is absolutely disgusting," Jang said.

The Star Phoenix reported that Saskatchewan social workers have the discretion to buy people bus tickets, usually to join family, but it is not typical. The government announced Wednesday it will review the case.

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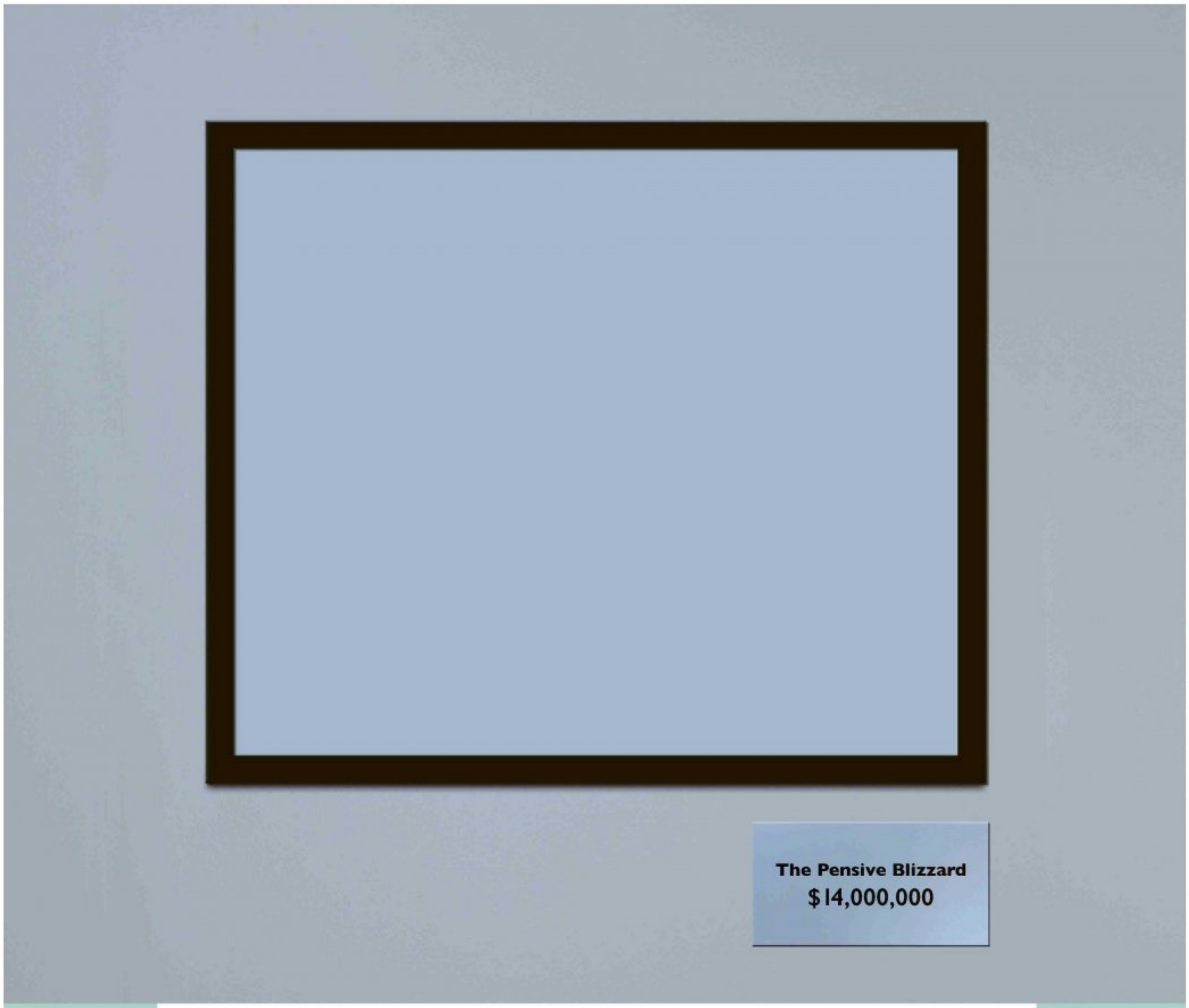

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Let's bank on a woman of note

Metro asked Merna Forster about her years of campaigning for years for historic Canadian women to be featured on currency, and about which notable B.C. woman she thinks could appear on a new series of bank notes.

THANDI FLETCHER METRO

After years of campaigning, a B.C. historian's efforts to see an iconic Canadian woman featured on a bank note have finally paid off.

Merna Forster, who lives in Victoria, has been writing letters to politicians and Bank of Canada governors since 2011 arguing that it is unacceptable not to have a single bill featuring the image of a female figure from the country's history.

On Tuesday, she was thrilled to hear her work hadn't been for naught when Prime Minister Justin Trudeau announced a portrait of a Canadian woman will appear on Canada's bank notes for the first time in 2018.

"I must admit that I was getting discouraged," said Forster, who is also the author of two books on Canadian heroines. "But I knew it was important and I couldn't give up."

Queen Elizabeth is currently the only woman featured on Canadian currency, although she wasn't always the only female figure. In 2011, the Bank of Canada removed a depiction of five suffragettes, known as the Famous Five, from a new series of $50 polymer notes and replaced them with an image of an ice-breaker.

How good would Emily Carr look on the $50? PHOTO ILLUSTRATION ANDRES PLANA

Three years ago, Forster launched an online petition, which has since collected more than 73,000 signatures, calling for that to change. She also started an interactive website allowing people to suggest which woman they would like to see on a bank note.

Still, Forster never imagined the fight to memorialize Canadian women on the country's money would take this long.

"It's just not right," she said. "Women hold up half the sky. Why don't they hold up half the bank notes?"

Other countries, including Australia, Japan and Colombia, have long had famous females on the currency, she said.

The Bank of Canada is now asking the public to nominate women deserving of the recognition through the bank's website.

Each nominee must be a Canadian woman who demonstrated outstanding leadership, achievement or distinction in any field, benefiting the people of Canada, or in the service of Canada.

They cannot be fictional, and must have been dead for at least 25 years.

While she doesn't have a personal favourite, Forster said there are countless notable women who have connections to B.C. that could make the cut.

WITH FILES FROM THE CANADIAN PRESS

British Columbians who fit the bill

1 **Emily Carr:** A world-renowned artist who was born and died in Victoria, Carr is an iconic figure in Canadian history, and an obvious choice for many to be featured on a bank note. "She really is one of the most talented artists in Canadian history, men or women," said Forster.

2 **Elsie MacGill:** Born in Vancouver in 1905, MacGill was known as Queen of the Hurricanes. "She was an aeronautical engineer and she built the Hawker Hurricane fighter planes in World War II," said Forster. "She was really an incredible pioneer."

3 **Helen Harrison-Bristol:** Vancouver-born Harrison-Bristol was a pioneer in aviation. "She was an amazing pilot," said Forster. "When the war broke out, she couldn't land a position as a pilot in World War II, so she had to volunteer in Britain and transported all these fighter planes."

4 **Pauline Johnson:** Johnson, who died in Vancouver in 1913, was a popular Mohawk poet and performer, often credited for helping define Canadian literature. "She was highly acclaimed," said Forster. "She really did a lot to raise awareness of aboriginal culture."

5 **Helen Gregory MacGill:** One of Canada's first woman judges, MacGill served as a judge of the Juvenile Court of Vancouver for 23 years. An accomplished journalist and activist, she became the first female juvenile court judge in B.C. "She gained international recognition as an expert in the field of juvenile delinquency," said Forster, adding that she was also the mother of aviation pioneer Elsie MacGill.

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Silver lining shocks fired airline worker

LAWSUIT

Public support stuns attendant after reporting alleged assault

Ex WestJet flight attendant Mandalena Lewis in Vancouver on Tuesday. Lewis, fired after reporting an alleged sexual assault by one of the airline's pilots, is shocked at the positive response she's received since sharing her story. DARRYL DYCK/THE CANADIAN PRESS

A former WestJet flight attendant who lost her job after she reported being allegedly sexually assaulted by a pilot says she's been shocked by the positive response she's received since sharing her story, despite initial fears of a public backlash.

Mandalena Lewis, 30, said she decided to go public with her story in hopes of inspiring other woman to break their silence, and that she hopes the overwhelming support she's received so far suggests a cultural shift that will make it easier for victims to report sex crimes.

"The support has been amazing. I'm pretty shocked, in a good way," Lewis said in an interview. "It's wonderful. It means that things are changing, things are changing and the times are changing."

She said she was fearful of how the public and media would react, in part after witnessing the treatment of women involved in other sexual assault cases, singling out the recently concluded trial of former CBC radio personality Jian Ghomeshi, who has pleaded not guilty to four counts of sexual assault and a choking charge. A judge in Toronto is scheduled to give his verdict in the case on March 24.

Lewis launched a lawsuit against WestJet earlier this month, accusing the Calgary-based airline of failing to respond adequately to an alleged incident during a stopover in Hawaii six years ago. The airline hasn't filed a statement of defence but said it intends to do so. None of the allegations have been proven in court. WestJet CEO Gregg Saretsky posted a statement online last week saying two employees have been taken out of active flying duty while the company reviews its investigations into the complaints.

> **It's wonderful. It means that things are changing, things are changing and the times are changing.**
> Mandalena Lewis on the public's response to her dismissal

"Every company has a responsibility to ensure the safety and well-being of all its employees, and this is a responsibility we take most seriously at WestJet," Saretsky wrote.

"As a husband, father of a daughter and brother to a sister I understand how important it is to get this right, no matter the role or gender of the complainant."

Documents filed in B.C. Supreme Court allege an unnamed WestJet pilot invited Lewis back to his hotel room for a drink where he eventually pulled her onto his bed and began kissing and groping her.

Lewis said she reported the incident to WestJet and to police, and that the airline instructed her to keep quiet out of respect for the pilot's privacy, telling her there was nothing it could do. THE CANADIAN PRESS

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Heartbreak in Surrey

TRAGEDY

Shock of toddler's death puts mom into early labour

Thandi Fletcher
Metro | Vancouver

A Surrey mother whose toddler died the same day she gave birth to a new baby says she feels like she's living a nightmare and can't wake up.

March 3 started out as a typical Thursday for Megan Carbonetto.

After dropping off her husband Angel Rivera at the SkyTrain station on his way to work, she returned home and brewed a fresh pot of coffee. Around 7 a.m., she went to wake her three daughters — Sian, 7, Abigail, 5, and 14-month-old Sarah — to get ready for school.

That's when the horror began.

No matter how hard she tried to wake up her youngest, who was tucked between her two sisters in bed, the toddler wouldn't open her eyes.

"She just looked like she was sleeping, but she wasn't waking up," a tearful Carbonetto told Metro. "I screamed bloody murder."

The next few moments were a blur.

Carbonetto said she remembers her mother-in-law and sister-in-law, who live with her family, running into the room and grabbing Sarah from her.

After calling 911, her sister-in-law then performed CPR on her lifeless body until paramedics arrived and took over, transporting her to hospital.

But their efforts were futile.

Zipporah was born March 3, the same day her 14-month-old sister Sarah died of unknown causes. PHOTOS COURTESY MEGAN CARBONETTO

The coroner later told Carbonetto that Sarah had likely already died sometime during the night. The cause of death was unknown.

"She just looked like she was asleep," she said again, her voice breaking with emotion. "I still feel like she's just going to wake up. That it's just a nightmare and I'm still waiting to wake up from it."

> **I still feel like she's just going to wake up. That it's just a nightmare.**
> Megan Carbonetto, on discovering lifeless Sarah

But the nightmare wasn't over yet.

While talking to RCMP officers the same day, Carbonetto, who was 33 weeks pregnant, said the stress sent her into early labour.

Around 9 p.m., she gave birth to a baby girl.

Born six weeks premature, the baby, whom she named Zipporah, is expected to spend another two weeks in the neonatal intensive care unit, but seems to be doing well.

For Carbonetto, however, the traumatic experience has her grappling with mixed emotions.

"Within a 12-hour period, I have lost a child and gained another," she said. "I feel so guilty because I feel like right now I should be mourning the loss of my child, but then I feel like I'm being selfish because the baby needs me as well."

Sarah with her mom, Megan

In the past week, family and friends have rallied around the family to help cover Sarah's funeral costs. A GoFundMe.com campaign launched by her brother William has raised nearly $10,000 within three days.

Although she is still struggling, Carbonetto said she wanted to speak out about her loss to raise awareness about sudden unexplained death in childhood, or SUDC.

Similar to sudden infant death syndrome, or SIDS, the diagnosis is defined as the death of a child over the age of 12 months that remains unexplained after a thorough investigation.

"I've had four kids now and I never knew that a child over the age of one could pass away from SUDC," she said.

While knowing there was nothing she could do to save Sarah does bring some peace of mind, Carbonetto said she will always miss her daughter.

"She was so perfect," she said, adding that her toddler loved to surprise her with kisses.

"She never cried. She was just so sweet."

VICTORIA REGION

Two sites chosen for sewage treatment

Two sewage treatment plants are planned for Victoria and Esquimalt, the Capital Regional District announced.

The two-plant option was chosen Wednesday as Victoria-area municipalities and First Nations appear ready to finally move ahead with long-overdue treatment of its sewage, which has been controversially dumped into the ocean raw until now.

The region's preferred option will see one treatment plant building under a park at Clover Point in Victoria and a second site built at Equimalt's McLoughlin Point.

> We've moved past the deadlock of 8-8 failed votes.
> Victoria Mayor Lisa Helps

The plan now needs approval from the region's respective municipal councils.

"Is it a perfect way forward? No. But we've moved past the deadlock of 8-8 failed votes," said Victoria Mayor Lisa Helps in a statement.

"Today the committee found compromise and took key steps forward in displaying our commitment to delivering sewage treatment for the Core Area."

The region has been trying to build sewage treatment for more than 20 years but has been stifled by political infighting and NIMBYism, Helps previously told Metro.

MATT KIELTYKA/METRO

BACKGROUND

- The inaction has long frustrated neighbouring jurisdictions, including Washington State's House of Representatives, which introduced a motion last month to ban public-sector travel to Victoria until the region builds a sewage treatment plant.
- The region's decision is also timely because it has a March 31 deadline to apply for PPP Canada funding for the project.

A Canadian Border Services agent stands watch at Toronto's Pearson International Airport. **Vancouver-Kensington MLA Mable Elmore says a CBSA program targeting caregivers is heavy-handed and unnecessary.** DARREN CALABRESE/THE CANADIAN PRESS

Caregivers unfairly targeted, MLA says

BORDER AGENCY

'Several removals' after more than 40 investigations

Matt Kieltyka
Metro | Vancouver

An NDP MLA is calling on the federal government to scrap a controversial Canadian Border Services Agency (CBSA) program targeting caregivers in British Columbia.

The CBSA launched Project Guardian at the start of 2014 in British Columbia and Yukon to enforce "misuse" of the Live-in Caregiver Program.

Under the program, more than 40 investigations have been launched based on tips and referrals, which have led to "several removals" of caregivers deemed inadmissible by the agency, according to a statement CBSA provided to Metro.

But Vancouver-Kensington MLA Mable Elmore calls the program heavy-handed and unnecessary and, along with advocacy group Migrante BC and the West Coast Domestic Workers Association, wants the new Liberal federal government to scrap the project.

Elmore explained caregivers, often coming from developing countries, come to Canada on work permits tied to a single employer.

However, some workers are forced to leave their jobs because of poor conditions, employer harassment or other workplace problems.

> It's a bit of a setup.
> MLA Mable Elmore

Many will seek work as caregivers elsewhere, but applying for a new permit can take up to six months.

Although provisions exist that allow caregivers to leave their original employer and stay in Canada, Elmore says, Project Guardian has cruelly targeted vulnerable women stuck in that transitory period.

"It's a bit of a setup," Elmore told Metro. "Often, these women have done nothing wrong, had to leave their workplaces through no fault of their own and are now being targeted (by CBSA). It's a misguided program and an offensive one."

In its statement and through follow-up questions, the CBSA did not specify what sort of "misuse" it investigates regarding the Live-in Caregiver Program.

The agency sees Project Guardian as a "continuous part of our business" and part of its mandate to enforce the Immigration and Refugee Protection Act.

With regards to Elmore's criticism of the program and her call to have the program scrapped, the CBSA said it "does not comment on third-party reports or opinions."

LAW

Hotline set up for Islamophobia victims

A hotline has been set up in British Columbia to combat a rise in discrimination cases against Muslims.

Victims of Islamophobia can now access free and confidential legal advice over the phone (604-343-3828) or online at islamophobiahotline.ca if they find themselves on the receiving end of faith-related harassment, attacks, property damage, racial profiling or threats.

The hotline is run by Access Pro Bono Society of B.C., in partnership with groups like the B.C. Civil Liberties Association, B.C. Public Interest Advocacy Centre, Community Legal Assistance Society, the Canadian Bar Association–BC Branch and others.

Sarah Khan, a staff lawyer at the B.C. Public Interest Advocacy Centre, said the hotline spawned from a genuine need to help victims in the face of a growing number of disturbing incidents.

"We've seen a few incidents in B.C. already," she said, referring to the pepper spraying at a welcome ceremony for Syrian refugees in Vancouver and a leaked police bulletin of "Middle-Eastern-looking men" taking photos at Pacific Centre Mall who turned out to be British tourists here for medical treatment.

Khan said the legal community has noticed a rise in Islamophobia in Canada, fuelled by world events such as the Syrian refugee crisis and anti-Muslim rhetoric from high-profile people such as U.S. Republican presidential hopeful Donald Trump.

Khan said people who use the hotline can be advised on proceeding with criminal charges or steered through the proper human-rights and labour channels if they feel discriminated against.

Hotline operators will also document the types of issues being reported to determine the scope of Islamophobia and where systemic issues can be addressed. MATT KIELTYKA/METRO

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PACIFIC NORTHWEST LNG

Scientists condemn 'flawed' eco-report

More than 130 scientists have signed a letter saying federal Environment Minister Catherine McKenna should reject a "flawed" environmental draft report for a proposed $36-billion liquefied-natural-gas plant on British Columbia's northwest coast.

The Canadian Environmental Assessment Agency (CEAA) released a draft report last month, finding the proposed Pacific NorthWest LNG project in the Lelu Island, Flora Bank area of the Skeena River estuary poses minimal risk to fish.

The federal government is expected to make its final decision this month on the agency's project permit.

> **(The draft) is a symbol of what is wrong with environmental decision-making in Canada.**
> Scientists' letter

The scientists said in the letter to McKenna that the draft report "is scientifically flawed and represents an insufficient base for decision-making. We urge you to reject the CEAA draft report."

However, B.C.'s Natural Gas Development Minister Rich Coleman said the scientists reached the wrong conclusion.

"To have a group of people write a letter and just say, 'We disagree,' I don't think they've gone and done the work to quantify their opinion," Coleman said. "Quite frankly, the only opinion that's going to matter is the opinion of the federal scientists who they've hired, who worked with the project for a long time on the details."

The letter identified five primary flaws in the draft report including misrepresenting the importance of fish, especially salmon, in the area, disregarding science not funded by the project proponent and assuming a lack of information equates to few risks.

"The CEAA draft report for the Pacific NorthWest LNG project is a symbol of what is wrong with environmental decision-making in Canada," the letter said.

The letter also said industrial development proposed by the project is associated with lasting damage to the salmon population in the second-largest salmon-producing watershed in Canada.

Otto Langer, a former Department of Fisheries and Oceans habitat assessment expert, signed the letter to McKenna.

"A natural eel grass salmon habitat such as Flora Bank cannot survive if it is subjected to pile driving, dredging, lights, ship and dock noises, spills," said Langer in a statement. "We must keep industry out of this area."

Pacific Northwest LNG, backed by Malaysian energy giant Petronas, has proposed to build an LNG export terminal at Lelu Island, near Prince Rupert. It is billed as the largest private-sector investment in B.C.'s history and estimated to create 4,500 construction jobs.

THE CANADIAN PRESS

Red Racer Kitchen has operated on the edge of Yaletown across from B.C. Place since July. JENNIFER GAUTHIER/METRO FILE

Neighbours sour over Yaletown pub

CRAFT BEER

Brew licence to bring yet more drunks to area, critics argue

Emily Jackson
Metro | Vancouver

City approval for a new brewery in downtown's rowdy stadium district has left a sour taste with some neighbours who say the area can't handle more access to booze.

In the latest example of how challenging it is for the city to balance downtown condo dwellers' desires for quiet time with a thriving entertainment district, Red Racer Kitchen faced backlash Wednesday as it tried to secure the liquor primary licence needed to brew and sell beer directly in its pub at 871 Beatty St.

While the pub has operated on the edge of Yaletown across from B.C. Place since July — not to mention it was a brewery (albeit a less popular one) for the decade prior — neighbours who live above it argued the city shouldn't grant it additional operating hours because intoxicated patrons already overrun the area.

The brewery, an outpost for Surrey-based Central City Brewers & Distillers, argued it simply wants to bring craft beer to the area. It noted it took down its loud subwoofers to appease upstairs neighbours, put up no-smoking signs outside and promised to become part of Bar Watch and sign a good-neighbour agreement.

After a debate about whether selling growlers leads to loitering and outdoor drinking, council granted the licence in order to bring craft beer to the downtown core.

While it's a win for Red Racer, the tension between downtown residents and entertainment venues will likely get more pronounced as major developments proceed along False Creek.

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ROLLAND FOX

Marathon of Hope runner's father loses cancer battle

Rolland Fox, the father of iconic Marathon of Hope runner Terry Fox, has died at age 80.

A statement posted on the Terry Fox Foundation website said the family patriarch known to friends and family as Rolly died on Tuesday afternoon, having been diagnosed in January with lung cancer.

"Our Dad and Grandpa is no longer telling jokes," said the statement, adding that Fox died "while listening to a little Hank Williams."

The Fox family had said in January that he was committed to approaching the challenge with optimism and a never-give-up attitude — attributes that he "likely passed on to his son Terry."

"He fulfilled his promise to Terry, facing cancer with courage, grace and plenty of humour," the statement read.

The late Betty and Rolly Fox in 2010. FRED CHARTRAND/THE CANADIAN PRESS

"He thanked everyone, every time, as they left the room after caring for him, and each and every family member and friend after a visit."

Rolly Fox began smoking at age 19 and quit on a dare from his brother in 1986, the family said in January, noting Fox had completed a 16-kilometre run the following year.

> **He made the hero's dream to beat cancer stronger and closer.**
> Premier Christy Clark

The patriarch was a "behind-the-scenes believer" of his son's mission for 36 years and after the 2011 death of his wife and Terry Fox's mother, Betty Fox, he became more active, visiting Terry Fox Runs across Canada.

Terry Fox was diagnosed with cancer and his right leg was amputated in 1977. He became a national icon after he ran more than 5,000 kilometres over 143 days in 1980 to raise money for cancer research. He died in June 1981 at the age of 22.

"We have witnessed once again the pain cancer causes but we know, oh how we know, that we are not alone," said the family statement.

"We have seen first-hand the opportunities to extend life because of our nation's collective belief and investment in cancer research, yet have been forced to accept that they were not available to Dad-Grandpa."

In a statement issued late Tuesday, Premier Christy Clark said "B.C., Canada, and the world have lost a dedicated, resolute pillar in the fight against cancer in Rolly Fox."

"He made the hero's dream to beat cancer stronger and closer — not just for him, but the millions of people inspired by him and the Fox family, and the thousands of families forever changed by life-saving cancer research."

THE CANADIAN PRESS

IN BRIEF

Pedestrian killed in traffic

A woman died at the scene after being struck by a vehicle in East Vancouver Tuesday night.

Around 9:30 p.m., a woman was crossing mid-block on East 41st Avenue near Kerr Street when she was struck by a vehicle travelling eastbound, Vancouver police said.

The driver of the car remained at the scene and is co-operating with investigators. Police are now investigating the cause of the crash.

THANDI FLETCHER/METRO

Charge in cyclist death

Mounties say a Vancouver man is facing two charges in connection with a crash that killed a 64-year-old cyclist, who was found on a sidewalk in Richmond on Labour Day in 2013.

RCMP say a licence plate found at the scene led them to the driver.

Roneel Singh, 29, is charged with one count of dangerous driving causing death and one count of failing to stop with intent to escape.

THE CANADIAN PRESS

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Trudeau's visit to U.S. a trip of firsts

DIPLOMACY

PM, family land in Washington ahead of White House dinner

Justin Trudeau holds his son Hadrien as he steps off the plane.
PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau's first prime ministerial visit to the United States got underway Wednesday as he stepped off the airplane with his wife and children to begin a trip unique in the recent history of Canada-U.S. relations.

Anticipated announcements on bilateral issues like climate change, next-generation border security and the Arctic are merely one tranche of the story of the three-day trip.

It's also a snapshot in time. The highlight will be the first state dinner for a Canadian in 19 years at a moment where two sympatico progressive leaders hold office and the Canadian one also happens to be unusually well-known here.

The visit comes late in Barack Obama's tenure that one official couldn't say whether or not this state dinner — the 11th of his presidency — might be his final one.

The U.S. electoral subtext was sprinkled through Trudeau's first public remarks. His main theme to a cocktail reception were about diversity.

"It becomes easy to be fearful," Trudeau told the gathering at an art gallery near the White House.

"It becomes easy to turn in on ourselves. But we know from history that it's much more important to turn outwards. And to draw out the best of each other."

Thursday is the main meeting with President Barack Obama in the morning, followed by meetings with senior members of Congress and the state dinner in the evening. THE CANADIAN PRESS

Dessert items are seen during a preview a day before the State Dinner for Canadian Prime Minister Justin Trudeau at the White House on Wednesday in Washington, D.C. AFP/GETTY IMAGES

ON THE MENU

State meal a palette of flavours

The best of America's spring produce, with a little help from some Canadian whisky, will feature heavily on the menu for the state dinner Thursday night to mark Justin Trudeau's first prime ministerial visit to the U.S.

The first course at the White House will see the Trudeaus and the Obamas dine on Alaskan halibut "casseroles" with cepes, delicate angel hair asparagus, chanterelles, baby onions and lardon and herbed butter. This will be followed by roasted apricot galette with Appalachian cheese, heirloom lettuces and pine nut crisps.

"With a mindfulness to the coming of spring, White House executive chef Cris Comerford and executive pastry chef Susie Morrison will present dishes highlighting elements of the season and the best of America's farms and seas," says the menu.

"One of our canapes is actually a duck poutine," said Comerford as he described Hudson River duck shaved on fries with gravy and cheese. "So it's kind of like a take on a wonderful national dish of Canada."

The vegetables for the first course come from a farm in Ohio and the herbed butter is sourced from Michelle Obama's White House kitchen garden.

The cheese from the second course comes from Galax, Va.

The main course consists of a herb-crusted lamb from Colorado, Yukon Gold potato dauphinoise and sautéed vegetables.

"As a finishing touch, the dish is drizzled with Yukon Jack Canadian Whisky," reads the menu. THE CANADIAN PRESS

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Eclipsed by wonder

People gazed at the sky and cheered while others knelt in prayer as a total eclipse of the sun unfolded over Indonesia Wednesday, briefly plunging cities into darkness and startling wildlife. The rare phenomenon was witnessed along a path that stretched across 12 Indonesian provinces encompassing three time zones and about 40 million people. A partial eclipse was visible in other parts of the archipelago, a swath of Asia and northern Australia. Thousands flocked to Indonesia from abroad and the government, which has been the promoting the event for more than a year, forecast a substantial tourism boost.

THE ASSOCIATED PRESS; PHOTOS: AFP/GETTY IMAGES

1 The solar eclipse from Banda Aceh, Indonesia.

2 The moon passing in front of the sun during a partial solar eclipse in Manila.

3 Acehnese people watch from Banda Aceh.

Trump calls for a united front

REPUBLICAN NOMINATION

Frontrunner says he'd beat Clinton with party backing

Donald Trump called for Republicans on Wednesday to rally behind his presidential candidacy after he cruised to primary victories in three more states, declaring that he could not be defeated in the November general election as the standard-bearer of a united party.

On the Democrat side, Vermont Sen. Bernie Sanders handed former Secretary of State Hillary Clinton a surprise loss in the industrial state of Michigan, increasing the likelihood that the contest for the party's nomination could stretch into early summer. Clinton, however, crushed Sanders in the southern state of Mississippi, continuing to win a large margin among black voters.

Speaking to MSNBC on Wednesday, Trump said: "If the Republican party unites behind us, nobody can beat us."

But Trump evaded questions about how he would carry out his campaign promises, especially his boast that he would build a wall along the Mexican border to stop illegal immigration and make Mexico pay for it.

He did concede that he is not doing as well with women voters because of the stinging language of his campaign. "I can see women not necessarily liking the tone (of the campaign), but I had to be very harsh to win," he said of his brutal counter-attacks on party elites and fellow candidates, particularly Florida Sen. Marco Rubio and Texas Sen. Ted Cruz.

Trump has won 15 of 24 Republican nominating contests so far, but he must do better to win the nomination. His lead over Cruz grew by only 15 delegates Tuesday because all four states awarded delegates proportionally, so even the second-place finisher got some.

Cruz captured the Idaho primary and Rubio, the favourite of the party establishment, failed to pick up any delegates Tuesday. He needs to win home state Florida next week to stay in the race.

As Trump called for Republican unity, party resistance to his campaign continued. Former Florida Gov. Jeb Bush, who dropped out of the race, planned to meet with Rubio, Cruz and Kasich, but not with Trump.

While Sanders upset Clinton in Michigan, she increased her delegate lead by sweeping Mississippi and is now halfway to the number needed to clinch the nomination. Clinton has accumulated 1,221 delegates and Sanders 571, including superdelegates, who can support whomever they like. THE ASSOCIATED PRESS

DELEGATE TALLY

- **Trump**: at least 446
- **Cruz**: at least 347
- **Rubio**: at least 151
- **Kasich**: at least 54

It takes 1,237 delegates to win the party nomination.

Donald Trump called for Republicans to rally behind him after he cruised to primary victories in three more states. GETTY IMAGES

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Egg farmers pushing back

CAGE-FREE HENS

Big restaurant chains shun enriched cages compromise

Hens on a free-range farm in Canada. COURTESY WORLD ANIMAL PROTECTION

Some 17,000 hens and one rooster at Roger Pelissero's egg farm in West Lincoln, Ont., live in cages that may be the envy of most other hens in Canada.

The cages, which are about 1.5 metres wide and 3.7 metres long, contain about 60 hens per colony and are outfitted with perches, a scratch pad and two partitioned nesting areas for laying eggs in private.

But as major restaurant chains increasingly promise to dish out eggs solely from hens not confined to cages, they shun enriched caging — a compromise that Pelissero and other Canadian egg farmers hope that hens, farmers and consumers can live with.

Pelissero's hens once lived in battery cages, a type of housing that only offers each bird the living space of about a standard piece of paper. In 2013, he upgraded to enriched cages, which allow hens to exhibit more natural behaviours, like dust bathing.

About 90 per cent of hens in Canada currently live in battery cages, according to the Egg Farmers of Canada. The remainder are in enriched cages, indoor free-run systems or free range.

Pelissero considered shifting to a cage-free alternative but decided against it due to health concerns for his birds and workers, mostly family.

Cage-free housing can mean more dust and ammonia in the barn because hens aren't completely separated from their litter, said Peter Clarke, chairman of the Egg Farmers of Canada.

People working in free-run set-ups can suffer short-term respiratory problems, found a 2015 study by the Coalition for Sustainable Egg Supply.

Birds in free-run systems died more frequently, pecked at other hens more aggressively and their keel bones showed more damage than their battery cage counterparts. The hens in free-run systems were also more likely to die of cannibalism. THE CANADIAN PRESS

+ CONSUMERS

Grocery stores offer shoppers a choice of eggs

Canadian consumers are egg farmers' No. 1 clients and the grocery stores they shop at still offer a range of choice, including certified organic eggs (which are always free-range) and those from enriched housing. But if public opinion joins the changing corporate tide, Canada's egg farmers may have to reconsider their stance.

ISTOCK

COMPUTERS

Google's AI beats Go champ

Google's computer program AlphaGo defeated its human opponent, South Korean Go champion Lee Sedol, on Wednesday in the first face-off of a historic five-game match.

AlphaGo's victory in the ancient Chinese board game is a breakthrough for artificial intelligence, showing the program developed by Google DeepMind has mastered one of the most creative and complex games ever devised.

Commentators said the match was close, with both AlphaGo and Lee making some mistakes and a result that was unpredictable until near the end.

Lee's loss was a shock to South Koreans and Go fans. The 33-year-old initially was confident of a sweeping victory two weeks ago, but sounded less optimistic a day before the match. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, March 10, 2016

CHANTAL HÉBERT: ON CONSERVATIVE CAMPAIGN CASH

For seasoned politicians, the leadership game is worth playing only if one has a reasonable chance of finishing with a score high enough to not lose face. And achieving that in the expensive Conservative environment will be costly.

It is a political rule of thumb that defeated incumbents tend to drown their sorrows in money and it turns out the federal Conservatives are no exception.

At $5 million, the spending limit imposed on each of the candidates who will vie to replace Stephen Harper between now and next spring is more than five times higher than the maximum allowed for the leadership contest that resulted in Justin Trudeau's election.

But it is in the same general ballpark as that set by the Liberals immediately after they lost power to the Conservatives in 2006.

Over the campaign that ended with Stéphane Dion's victory, the candidates were allowed to spend almost $3.5 million each — down from $4 million at the time of Paul Martin's quasi-coronation in 2003.

In between the two Liberal leadership contests, more restrictive Elections Canada fundraising rules had come into effect. Corporations were no longer permitted to dish out generous helpings of money to their favourite candidate. Only individuals could contribute a modest amount of money.

In 2006, the Liberals were the first to try out those new rules and the result was a collective disaster.

By the time the campaign ended, more than half the 11 candidates were mired in debt. Over the years that followed their efforts to pay off those debts put a cramp on the party's fundraising efforts. (Unlike the Conservatives today, the Liberals could at least count on a public per-vote subsidy for most of that period.)

To top it all, the 2006 Liberal campaign did not yield a winning leader.

The Conservatives apparently believe they are immune to those risks. Not that they have any experience with the process — Harper was selected under the old free-for-all system.

Under the lax rules of the recent past, a leadership candidate with deep pockets such as Belinda Stronach was able to make up for her political outsider status by financing her own campaign.

But in this contest, businessman Kevin O'Leary would be forbidden to tap into his own considerable financial resources. Instead he would have to find supporters to finance his campaign $1,500 at a time.

The immediate impact of the high spending limit the party has settled on will likely be to give an added incentive to the other prospective candidates to wait for a clear signal from Jason Kenney and Peter MacKay as to their leadership intentions.

If both former ministers run, they will suck a lot of money out of the donation pool, and be well positioned to compound their front-running status by outspending the competition.

In this contest, the ability to finance a truly national campaign will be crucial.

For it will not be good enough to sign up a lot of members in a given region. Each riding — whether its membership is in the thousands or less than 50-strong — will be worth 100 points to be split among the candidates based on the percentage of their support.

In theory, a candidate could come first in the 99 ridings the party currently holds but still lose by not doing well in the 239 that are not currently represented by a Conservative MP in the House of Commons.

And if you think that is an extreme scenario, consider that, on balance, Kenney is best placed to score high in many of the Conservative-held ridings but MacKay could be an easier sell in most of the non-conservative ones.

There are of course more ways to gain from a leadership campaign than by becoming leader.

Brian Mulroney, John Turner, Jean Chrétien and Paul Martin all built subsequent leadership victories on an initial failed bid.

In a polarized contest between two front-runners, it can also be a winning strategy to start off from behind with the goal of becoming everyone's second choice.

When Dion entered the 2006 campaign, he was considered a placeholder whose sole mission was to represent Quebec in the lineup dominated by Michael Ignatieff and Bob Rae.

But for seasoned politicians, the leadership game is worth playing only if one has a reasonable chance of finishing with a score high enough to not lose face. And achieving that in the expensive Conservative environment will be costly.

POTENTIAL PAIRING If former cabinet ministers Jason Kenney and Peter MacKay both run for the leadership of the Conservative party, they could drain the donation pool and bolster their front-running positions by outspending the rest of the competition, Chantal Hébert writes.
THE CANADIAN PRESS

Under the lax rules of the past, a leadership candidate with deep pockets was able to make up for outsider status by financing her own campaign.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

Required reading for all Canadians on doctor-assisted death

We are watching the slow march towards medical-assisted death laws in Canada. But despite a looming June deadline, all is far from settled.

For years, in poll after poll, a wide majority of Canadians have supported physician-assisted death, in a very specific case: When an adult is terminally ill. The results were 67 per cent in 2011, 84 per cent in 2014 (when someone is "suffering and repeatedly asks for help to end their life"), and 77 per cent last August.

Months earlier, the Supreme Court had ruled that competent adults, facing intolerable suffering from an irremediable and grievous medical condition, have a charter right to physician-assisted death.

The Supreme Court decision was succinct, to the point of omission. It did not discuss mental illness, the rights of minors, or advance requests for an assisted death.

It left a joint Senate-Commons committee in a position to recommend detailed laws, and the committee took almost every chance to make them as broad as possible. The mentally ill and minors should be eligible, its report says, and advance requests allowed.

Those recommendations have neither the polls to prove general support from Canadians, nor the explicit foundation of a Supreme Court ruling. Four members wrote a dissenting report.

And the recommendations also don't have the support of the Canadian Medical Association, which objects to the suggested requirement that physicians "provide an effective referral for the patient."

Catholic leaders, unsurprisingly, also object. In an outraged and at times condescending tone, Cardinal Thomas Collins, Archbishop of Toronto, condemned the committee's report in a letter read at masses on Sunday. "Some people" believe life has no value after a certain point, "since they cannot function as they once did," Collins wrote, and he warned compassion is "a shaky foundation for social policy."

Both statements are misleading. Compassion is not the basis for new laws — the charter is. It is not "some people" who want some kind of assisted-dying law — it is a large majority of Canadians. But Collins perhaps isn't wrong to wonder how many Canadians realize the scope of assisted dying currently on the table.

Which isn't to say the scope is too broad. I don't yet know myself where I stand on the recommendations.

But given the dramatic change upon us, perhaps now is the odd time I'll recommend you read, in full, a 60-page parliamentary report, and prepare yourself for the implications.

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Goodbye "cone of shame" — the Cover Me by Tui onesie is a post-surgical garment for dogs. "The fabric is breathable so it promotes healing," says company founder Stephanie Syberg.

Questioning parenting norms

Author Heather Shumaker advocates giving children more freedom to sort out issues like sharing and rough play. ISTOCK

NEW BOOK

Heather Shumaker wants kids to run and yell

Homework? Ban it! Circle time? Not for every kindergartner. Forced sharing? How about letting a kid play with a toy until she's done?

Those are just a few of the ideas that Heather Shumaker advocates as "renegade" in a new book, It's OK to Go Up the Slide, an extension of her first parenting guide, It's OK Not to Share.

Shumaker is the mom of two boys, ages 11 and 8, in Traverse City, Mich. As a youngster, she was a student where her mother taught for 40 years in Columbus, Ohio, the unorthodox School for Young Children. Free play was encouraged and teachers did things like providing boxing gloves to children to learn how to navigate rough play.

"Children who come out of that program are unusually skilled in conflict mediation and coping with their emotions," says Shumaker, who is 48.

The new book, out in March, extends her outlook from very young children she focused on the first time around through the middle school years.

Can you talk about the gap between what we, as adults, know about kids and what we actually DO about kids?

We know a lot more about brain development and the value of play than we ever have before and yet we're kind of doing the opposite. Back when I was a kid, we didn't know much about brain development but we trusted kids more, so we were willing to trust their play. If it involved toy weapons, we were willing to go with it.

Now, we know a lot more about the benefits of free play and how that affects learning, the benefits of big-body play — running around, bicycling, yelling, wrestling, but I think there's a culture of fear.

How do parents need to reinvent parenting? You say we have to be willing to tip what we know upside down, become renegade parents.

We accept a lot of parenting habits as truth, whether it's don't talk to strangers or safety first or do your homework. These are things that we just accept as sacred mantras. These conventions become our habits generation to generation. And yet the more we learn and through some of the research, these are just plain wrong.

You talk about the importance of parents taking off their "adult lenses." Can you explain what you mean by that?

We're very good at adult amnesia, forgetting what it's really like to be a kid. So if a kid doesn't do what she's told in the kindergarten circle time, she's labelled as defiant. You know, they're not going to fit into society, they're going to become that loner that causes problems. ... We really leap to a lot of conclusions, but a kid doesn't have to do what the group's doing so long as their actions don't disrupt the group. Adults sometimes need to let kids do what they do.

You take on a lot of the hot buttons in parenting and education, such as homework, but tell us what you mean by "renegade sharing," especially in a school setting?

A lot adults will set a timer, say five minutes and then it's Joey's turn, or just take a toy out of a child's hands and say, you've had this long enough, now be nice and share with your friend. This makes the kid feel rotten. We're doing it to encourage generosity and awareness of others and all those good things but it actually backfires and delays that development of generosity. What you want is for a kid to share when you're not looking, because it feels good and they want to internally. That happens when they have some control and when they feel that rush of good feelings.

Tell them you can play with that as long as you want, until you're done. It protects that right. It works well even with 2-year-olds because it's simple, it's fair, it's easy and the kids get it. Now, kids learn really early to say, she's not sharing, in that whiny voice, and they know that means instant gratification and adults will swoop in.

Another one of your topics is the idea of sharing "sad stories" with kids. At what age, to what degree?

A lot of story books for children are being sanitized, where the gingerbread boy does not get eaten by a fox anymore. They sit down and they're friends. This doesn't seem satisfying to kids. They know something's not quite right.

Adults are scared of those feelings. They want to spare kids sorrow, all those difficult feelings - fear, anger. They want this generation to be where everybody is peaceful and friendly. The perfect generation. But that's not reality. They feel these feelings anyway and they need to have that reflected in stories around them. You can mix them in. Not everything has to be doom and gloom, but if a child is old enough to ask about sad things, she's old enough to get an honest answer. THE ASSOCIATED PRESS

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Police shootings influencing crime genre

BLACK LIVES MATTER

Fiction writers taking a page from today's racial tensions

Walter Mosley, best known for Devil in the Blue Dress and other novels featuring the black detective Easy Rawlins says he has been working on a new book. It's about a former New York City policeman investigating the shooting of two officers by a black man. The investigator then learns that the officers had tried to kill the man first.

"In the end he realizes that he has to come to some kind of understanding about how the system works, that his own sense of law and justice is never going to work for him," says Mosley, who is calling the novel Detective, Heal Thyself.

The wave of police violence that helped launch the Black Lives Matter movement is also influencing a genre that captured tensions between police and non-white communities well before the rise of social media and cellphone videos.

Publishers and writers say that story lines known to readers of Mosley, Eleanor Taylor Bland or Gary Phillips, will likely become more common and intense.

"This particular issue has long and faithfully been represented in crime fiction," said Joshua Kendall, editor-in-chief of the crime fiction imprint Mulholland Books.

"It's simply that much of the fiction has been overlooked, just as the actual rate of abuse overlooked by media until now. That said, we need and want more fiction about it. The curiosity, concern and appetite seem to have finally grown."

But crime fiction is no more diverse than much of the book world and, at least in the near future, many narratives that take on race will likely come from white authors such as David Baldacci, Ben Winters and Trudy Nan Boyce. Baldacci's novel The Last Mile, scheduled for April, tells of a black man on death row and the likelihood he was wrongly convicted.

Kendall is, however, trying to change the visibility of black writers. He has agreed to a multi-book deal with Attica Locke and says he is looking to sign up other black writers.

Phillips, who set his 1994 novel Violent Spring in the aftermath of the Los Angeles police beating of Rodney King, said he was hoping that younger authors such as Aaron Philip Clark and Desiree Zamorano would tell stories reflecting more recent events.

"The old days of the PI with just a file and an address and a sexy secretary are long dead," said the 60-year-old author.

"Back in the 1980s and '90s writers like me and Walter Mosley and Paula Woods pushed the envelope forward and looked at different issues. I think the younger folks will do even better pushing it forward more. You have writers in this field who are going to be able to use things like Ferguson and what's happening on college campuses."

"Everyone knows of Walter Mosley, and there have been other excellent black crime writers published in recent years, such as Paula Woods," says Mark Tavani, vice-president and executive editor of G.P. Putnam's Sons.

"But in my experience these writers are a small percentage of those I see. As the larger discussion about race and justice engages more people, I can see that changing." THE ASSOCIATED PRESS

> **The old days of the PI with just a file and an address and a sexy secretary are long dead. You have writers in this field who are going to be able to use things like Ferguson and what's happening on college campuses.**
> Gary Phillips, author

Devil in the Blue Dress author Walter Mosley's latest novel centres around racism and the justice system. RICK MAIMAN/THE ASSOCIATED PRESS

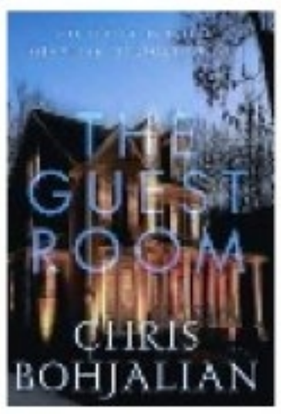
BOOKS ABOUT FAMILIES

When family members come together, the results can be explosive. Here are six new reads about family relationships that pack an emotional punch. TORSTAR NEWS SERVICE

The Good Goodbye
Carla Buckley

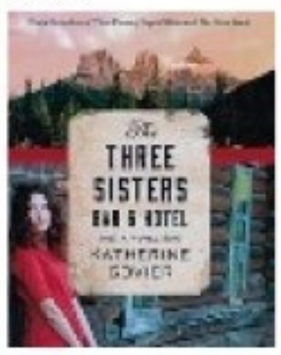
The novel begins when Natalie, a Washington restaurateur, learns her daughter, Arden, and niece, Rory, have been hospitalized following a fire in the college town where they live. Another student is dead. As the arson investigation unfolds, Natalie discovers disturbing facts.

The Guest Room
Chris Bohjalian



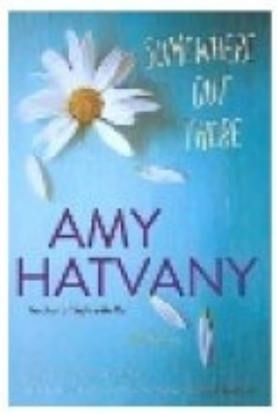
Richard, a mergers and acquisitions guy, agrees to host his younger brother's bachelor party, complete with two strippers and a couple of Russian bodyguards. At the end of the evening, the Russians are dead and the strippers have fled.

The Three Sisters Bar and Hotel
Katherine Govier

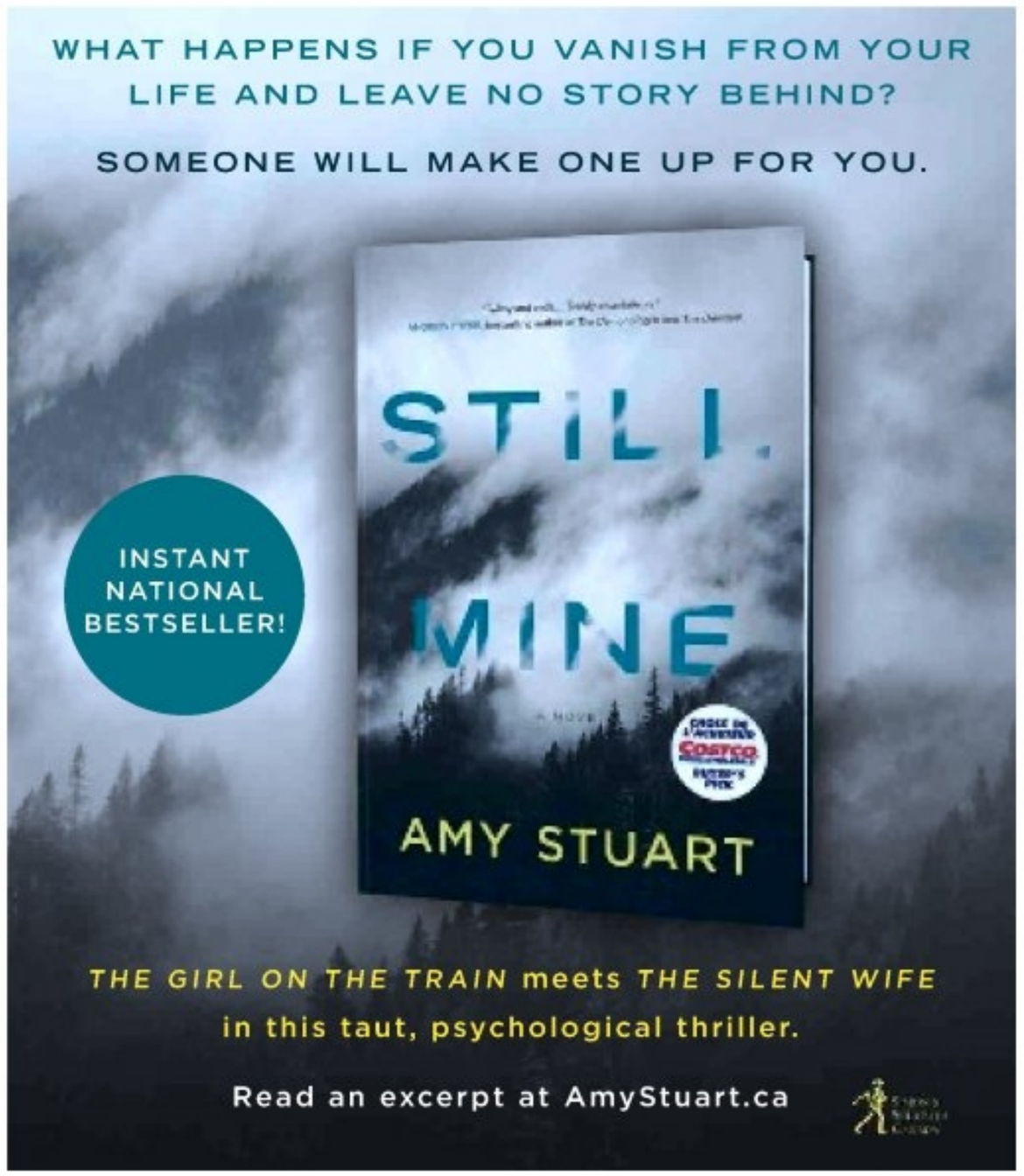


The big question at the heart of this sweeping saga concerns the fate of the Hodgsons — an archeologist, his wife and two adult children — who disappear during an expedition at the beginning of the book.

Somewhere Out There
Amy Hatvany



In 1980, Jennifer was living in her car with two small daughters, Natalie, 6 months, and Brooke, 4, and pilfering food to feed them. When she is caught and incarcerated, the children are taken from her. It picks up the lives of the mother and daughters 35 years later.



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Butcher's Hook makes for a gory debut

JANET ELLIS

From sunny kids TV show host to dark gothic novelist

Sue Carter
For Metro Canada

If you grew up in the U.K. during the past five decades, it's likely that you were weaned on the iconic BBC kids program Blue Peter. It's also likely that you're familiar with its one-time presenter, Janet Ellis, who has spent her career since the age of 21 in front of the camera.

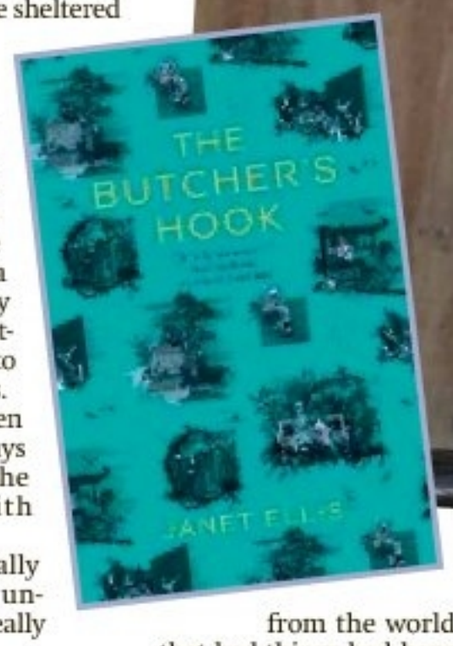
But now, at 60 years old, Ellis has found a new role as debut novelist with her book The Butcher's Hook, published in Canada with House of Anansi Press.

Set in 18th-century Georgian London, the dark, Gothic tale is not what you'd expect from a former kids' show host, or the lovely, charming woman who interrupts her sunny vacation in Lisbon to take a media call.

The Butcher's Hook follows Anne, a clever, unsentimental young woman whose sheltered but emotionally neglectful upbringing has made her ruthlessly independent and calculating. When Anne falls in love with Fub, the butcher's son, she demonstrates, in a particularly bloody and violent way, exactly how far she'll go to get what she desires.

Ellis, who has been writing for years, says that the idea for the novel started with Anne's character.

"All I knew initially was that she was unhappy, lonely, and really shut off from the world, and that bad things had happened to her," says Ellis, who read contemporary diaries — including her own, from the ages of eight to 16 — to authentically capture the self-occupied inner life of a teenager.



"There were things happening in the world but I never worried about them," she says. "It was more about going to choir practice and there being a boy who didn't fancy me anymore."

The Georgian era, which lends the book its dark atmosphere, also allowed Ellis to create a world for Anne in which gender and class divides ruled the day, but without the broader political or social influences that would have dominated, for instance, the Victorian era.

"I think I had a predilection for the Georgian times. I live in London and you can see it around the places where the Victorians didn't come in and stomp their feet loudly," she says. "Communication was just starting to build up, and most people were still uneducated. Everyone in the book acts like they do despite history, they're not informed about what's happening in the world."

When Ellis's agent first presented The Butcher's Hook, it was done so under a pseudonym, out of concern that publishers would be expecting a YA novel or a story as wholesome as Blue Peter's reputation.

Despite the anonymity, the manuscript inspired a small bidding war, which resulted in a two-book deal for Ellis (she is currently at work on a second novel, set during the 1970s.)

"I love everything I've done in the past, but the book is me," she says. "The fact that it was alone in the world on its own for a while is hugely rewarding."

Sue Carter is the editor at Quill & Quire magazine.

> **I love everything I've done in the past, but the book is me**
> First-time author and one-time BBC kids program presenter Janet Ellis

REVIEW

Bloody good time

Mike Donachie
Metro | Canada

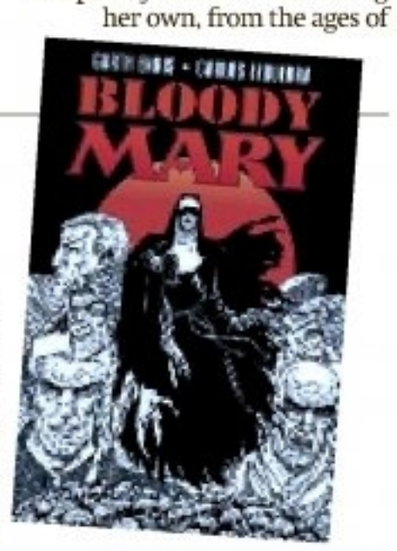
Bloody Mary
BY: Garth Ennis and Carlos Ezquerra
PUBLISHER: Image Comics

Be warned: This book is not subtle.

Back in print for the first time in a decade, Bloody Mary takes us to the dystopian future of 2012 (yes, really), and is an unrelenting bloodfest.

The title character, Mary Malone, is an indestructible commando assassin killing her way across fascist Europe in the name of freedom, while dressed as a nun. Just go with it.

This one's a treat for action fans, because few people write a battle scene like Preacher's Garth Ennis and nobody draws one like Judge Dredd co-creator Carlos Ezquerra. It's messy, gruesome and exciting, and, if you don't mind comic books with an utter lack of depth, really entertaining.



The best part is this material used to be scarce, because it's only been reprinted once since it was first published as part of DC's Helix imprint in the mid-'90s. It's great to see it back, even if it is a guilty pleasure.

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CANADIAN MADE

True North strong and filmable

This week, the Canadian film and television industries will celebrate outstanding achievements at the Canadian Screen Awards (airing Sunday night on CBC).

Many TV shows shot in Canada, despite their merits, are not eligible. These are the so-called "service" shows, programs made by American networks and studios and shot in cities such as Vancouver (where Supernatural and The Flash are produced for the CW), Calgary (FX's Fargo) and Toronto (FX's The Strain).

Toronto is also home to Man Seeking Woman, which airs on FXX Canada. The outrageous comedy stars Jay Baruchel as hopeless nerd Josh who has no luck with the ladies. In recent weeks, Josh has been competing with his cool roommate Mike (Eric Andre) for the affections of perky office mate Rosa (Rosa Salazar). It all comes to an explosive head Wednesday on the second season finale.

Born in Ottawa and raised in Montreal, Baruchel is an exception to the rule. He's a Canadian starring in an American series shooting in Canada. While Man Seeking Woman was created by and is executive produced by an American, Simon Rich, the show boasts a largely Canadian crew as well as many Canadian actors in supporting roles.

"I always beat the drum to hire as many locals as we can but I don't need to tell them that," 33-year-old Baruchel says speaking with reporters at the TV networks' press tour in Pasadena, Calif., in January, "they know."

Besides the great crews and low Canadian dollar, Rich, 31, says there are two other important reasons to shoot his show in Toronto.

"From a casting perspective," he says, "you can find a lot of talented people but also it's very important that there are so many ethnicities represented in Toronto," he says. "You can actually cast a wide net, and it looks like the real world."

The second thing, says Rich, is "we're excited by the esthetic of the city." THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Bad blood comes between family

THE SHOW: Bloodline, Season 1, Episode 8 (Netflix)
THE MOMENT: The phone number

Ben Mendelsohn plays a self-destructive sibling in Bloodline, one willing to drag family members down with him. CONTRIBUTED

Two brothers drink in a bar in the Florida Keys, where they grew up, and still live. Responsible brother John (Kyle Chandler, always so natural) once betrayed ne'er-do-well Danny (Australian star Ben Mendelsohn), but they're reconciling. Or so we think.

John, dead drunk, checks out a hot blonde. "How many years have you been f—ing the same woman now?" Danny asks — genially, but with a knife-edge in it.

"That's not funny," John replies. Beat. "17." They laugh.

Slowly, subtly, Danny poisons the evening. Did John know that Danny and John's wife once "had a moment?" Is John jealous of how easily Danny picks up women?

As John watches, Danny approaches the blonde, gets her number. Then he comes back — and slips it into John's pocket. "You never know when you're going to need it," he purrs.

Oooohhhh. In just a few episodes, Mendelsohn, the best actor you may not have heard of, has made Danny into a TV anti-hero right up there with Tony Soprano and Walter White. He's the cat and we're the canary. One minute, he'll show us why he is the way he is, and get us to empathize with him. The next he'll pounce, grin full of feathers.

The other Rayburn siblings — Kevin (Broadway staple Norbert Leo Butz) and Meg (Linda Cardellini) — are equally fantastic. Together they elevate every scene until, like sunburn, it both sizzles and chills.

Gators may lurk in this paradise, but Bloodline proves there's nothing more dangerous than a volatile family member.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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LAWSUIT

Gawker in court over Hogan sex tape

Gawker Media founder Nick Denton testified Wednesday that his gossip website decided to post a Hulk Hogan sex video because "it showed Hogan as a person."

Denton was in the courtroom Wednesday afternoon, but attorneys for Hogan played his video testimony recorded in a 2013 deposition. Denton said in the deposition that "it's up to others to determine the boundaries of accepted social, journalistic and legal norms."

Hogan and his attorneys sent Denton a cease and desist order but Denton didn't take down the video post because he said he thought it was newsworthy.

Hogan, whose given name is Terry Bollea, is suing Gawker Media for $100 million for posting the edited video showing him having sex with his then-best friend's wife. Hogan has said he didn't know he was being filmed when the video was made.

> **I know some like to call it viral, but in this case, it was cancer.**
> Hogan's attorney David Houston

Jurors also heard from Mike Foley, a University of Florida journalism professor. Foley questioned Gawker's decision not to contact Hogan, the woman in the video or the woman's husband when it posted the video.

Foley said in his opinion, the sex video was an example of "undue intrusiveness."

On Wednesday morning, Gawker reporter A.J. Daulerio said that when he received the Hogan sex video in the mail it was "very amusing" and that he thought it was newsworthy.

Gawker says the publication was a legitimate scoop because Hogan is a public figure who had talked openly about his sex life before, in forums such as Howard Stern's radio show.

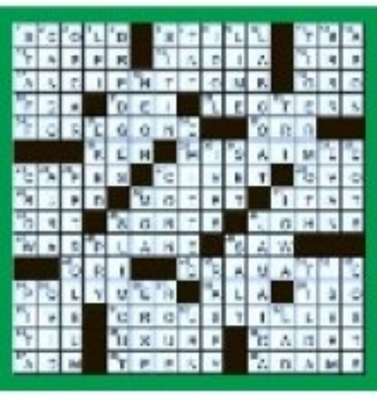
Hogan's attorney, David Houston, was also called to the stand Wednesday. He described how he sent Gawker a cease and desist letter to take the video down, and then how the video began showing up on other websites.

"I know some like to call it viral, but in this case, it was cancer," he said.
THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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metro HOME
Your essential daily news

J.K. Rowling's Harry Potter writing chair up for auction

THE RESIDENCES AT LYNN VALLEY

Master-planned mountain living

CONTRIBUTED

Project overview

A blend of nature and culture is what sets this master-planned community apart. The Residences at Lynn Valley will take shape over two phases, the first to be completed by late 2017. The development encompasses six concrete residential buildings and includes a complete renovation of Lynn Valley Centre Mall.

Housing amenities

The boutique-style first phase includes a social room and fitness centre. Each of the 115 homes will be outfitted with geothermal heating and air conditioning. Residents will enjoy Italian cabinetry, genuine hardwood flooring, over height ceilings, large windows, gourmet kitchens and spa-like bathrooms.

Location and transit

The Lonsdale Quay SeaBus terminal is just a 10-minute drive away, while getting to downtown Vancouver can be done in 20. One of the development's most attractive selling points, however, is its 100 per cent walkability. Local conveniences are right at your doorstep, whether it's the bank or the bakery.

In the neighbourhood

Residents won't have to travel far to enjoy the nearby community and natural amenities. Grouse Mountain is a 15-minute drive away with Lynn Canyon and the Lynn Valley Suspension Bridge only five minutes away by car. The library, various community centres and many cafés are also nearby.

NEED TO KNOW

What: The Residences at Lynn Valley
Builder: Bosa Development
Designer: Cristina Oberti Interior Design Inc.
Location: Lynn Valley, North Vancouver
Sizes: From 550 square feet to 1,295 sq. ft.
Pricing: Starting from $399,900
Model: One, two and three bedroom homes
Status: Pre-construction
Occupancy: Phase one to be completed by late 2017
Sales centre: #100-1199 Lynn Valley Rd. (in Lynn Valley Centre Mall)
Phone: 604-924-0166
Website: lynnvalleyresidences.com

INDIVIDUALITY

You already know one of the Pantone custom-colour owners ...

Barbie has her own colour (pink). So does Tiffany (blue), but rare is the individual who cares deeply enough about a shade to have one custom made.

At the Pantone Color Institute, the privilege doesn't come cheap. It can cost tens of thousands of dollars for the company to come up with just the right one. So why would an actual person, rather than a business, even bother? Only two, at least in the Pantone client books, actually have.

Jay Z was the first, back in 2007. He introduced his Jay Z pearly blue — mixed with platinum dust — on a limited edition GM Yukon Denali later that year in Detroit. The head of a marketing firm he was working with brought along a piece of the hip hop mogul's motorcycle as a guide when meeting with Pantone.

Blue (daughter Blue Ivy, blue jewels, blue jackets, the Blueprint albums) had been a favourite, but his Pantone colour code name is confidential, said Laurie Pressman, a Pantone vice-president.

Who else has the colourhonour with Jay Z? Her name is Sherry Chris, president and chief executive of a New Jersey real estate firm, Better Homes and Gardens Real Estate. She used a scarf at Pantone for her bright pink in 2011 and Chris couldn't be prouder of her colour card: SC2011.

Jay Z and Sherry Chris are the only two people who have their own Pantone custom colour. THE ASSOCIATED PRESS FILE

So what do they get besides a card and a code? They get formulas. How many and for what uses depends on what they want to do. Consistency over different fabrications, from paper stock for stationery to fabrics for fashion to paint to metal, is key.

"Both of them were very clear on what they wanted in their signature shades," Pressman said. "When somebody comes with a very clear idea of what they're looking for, that shade definitely has meaning for them."

Pantone has a vast colour wheel, but you can forget finding "Jay Z Blue" or SC2011 in any swatch or Pantone colour guide available for public consumption.

"Some people are really strict about that to the point where we're not even allowed to share that we work with them on the development of that colour," she said.

But Pressman has plenty of ways to describe Jay's blue, a combination of sky and cobalt.

"I would describe that shade as a mesmerizing blue. There's a pearlescent quality to that blue. There's a magnetic quality to that blue. It's a happy blue. It's an optimistic blue," she said. "It was pretty smooth sailing with Jay Z."

THE ASSOCIATED PRESS

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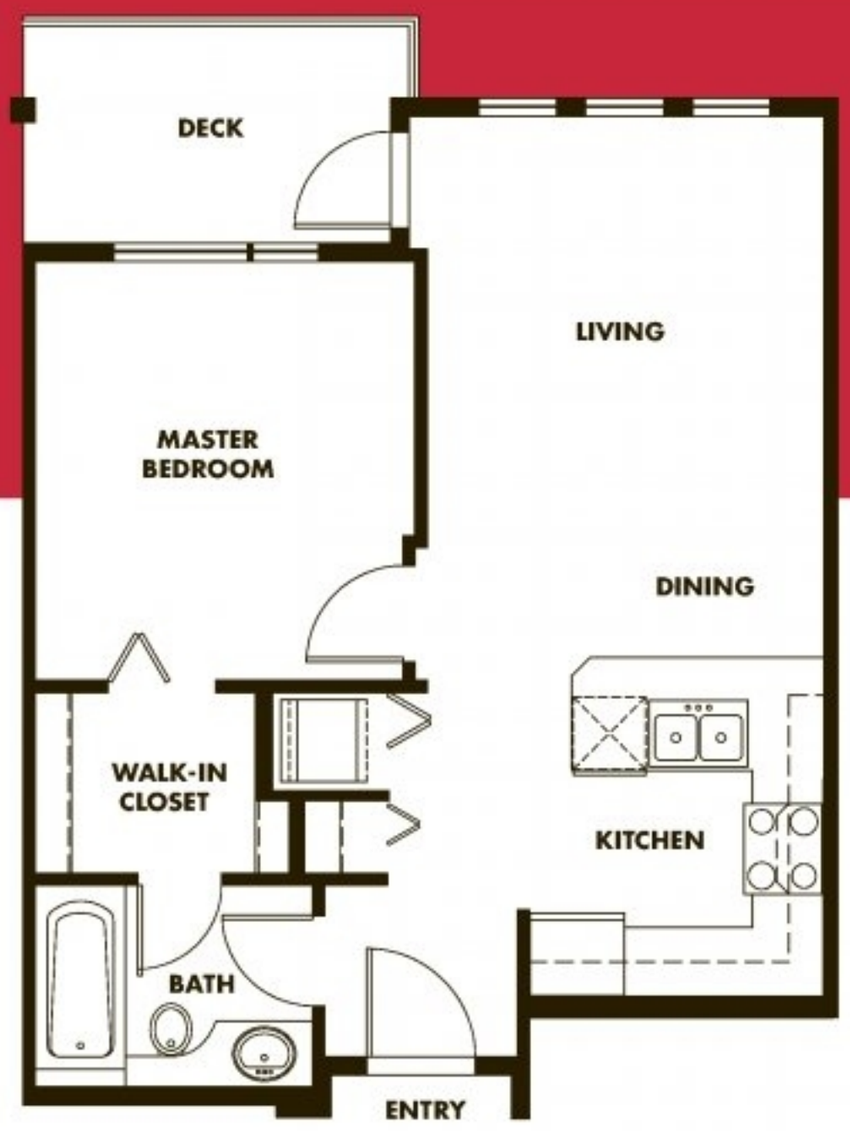

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GUYS NIGHT OUT

Beyond the dude stuff

For your next guys night out, we could tell you where to find the typical dude stuff. But you know all that. Here are a few ideas to take guys night in a new direction.

Get your nails did
Really. Particularly in business settings, men and women alike are judged on their personal hygiene. That includes the state of your cuticles.

Get a manicure. At the very least, you should understand what the ladies in your life are raving about.It's a relaxing experience, and you'll leave with a bounce in your step and confidence in your next good, firm handshake.

Dance class
If there's a part of you that loves to break it down on the dance floor, even if that guy only comes out at weddings after a few drinks, challenge yourself and your friends with a drop-in dance class.

Dance studios like Harbour Dance hold drop-in classes that'll teach you how to pop and lock.

Learn to make a cocktail
Classic cocktails are worth mastering. Once you have your skills down, they'll come in handy again and again.

Commit to perfecting just one cocktail with your friends. A great martini, a whiskey sour, a negroni. Or compete to see who can make the most creative Caesar. The host should have a cocktail shaker, a jigger and any other bar implements necessary. The group can split the ingredients — make sure you buy high quality to make your signature cocktail a great one.

Or take a course from the professionals, like Brandywine Bardending School.

ISTOCK

Knife lessons
Think you're a culinary buff? You aren't until you know how to use a knife.

The Dirty Apron, Quince, The Pacific Institute of Culinary Arts and other local culinary hubs offer knife courses for beginners to teach you basics like back-slicing and rock-chopping.

CONTRIBUTED

MAKE A GREAT ESCAPE

Haven't tried an escape room yet? You should. Centres are popping up around Vancouver offering a type of entertainment never before available to the public — 45 minutes of brain-teasing, spine-tingling intrigue in your own real-life puzzle.

"Until recently, escape scenario games have been relegated to adventure movies," says Jerry You, owner of escape room company EXIT Canada, the country's first escape room company. "We're giving Vancouverites a chance to experience the thrill in real life."

Next time you're organizing a guys' night, don't just go for drinks — give your friends an adventure and challenge they've never experienced before, says You.

"It's like being in a real-life video game," he explains. "You're in one of our intricately designed rooms, and the Game Master challenges you to solve puzzles and discover clues, working together to escape. You immediately get into the moment, your team rallies together to solve the puzzles."

EXIT Canada has drawn crowds since it opened, says You. The company's eight locations in B.C. and Alberta have welcomed more than 160,000 players since the company was founded just over two years ago.

Ultimately, fun is the name of the game, says You. The staff love their jobs, and make sure that everyone who goes in, comes out smiling.

"Our goal is to take our players out of their everyday lives and give them an amazing experience," says You.

CONTRIBUTED

THE BEST SPORTS ATMOSPHERE

With average attendance of 20,000, and 12 sell-outs in 2015, there is no question that the Whitecaps FC fan base is expanding.

In 2015, Whitecaps FC brought the MLS Cup Playoffs to Vancouver for the first time. With the roof at BC Place open, a stadium-wide rally-card display, and a chorus of 27,837 fans singing and chanting, the atmosphere at BC Place was described as "incredible" and "energetic." Portland took the series and went on to win MLS Cup, but the taste of that atmosphere has brought back a motivated group of players for 2016, and a fan base that is hungrier than ever.

On the way to the stadium, fans participate in what is known as the March to the Match, starting from Granville Street 75 minutes before every match. The march parades down Robson Street and makes its way towards BC Place, growing into a massive mob of chanting, flag-waving 'Caps fans upon arrival at Terry Fox Plaza — where the pre-match party, 'Caps Kickoff, is well underway.

At any match your attention will immediately turn to the supporters' groups. The official groups, the Southsiders, Rain City Brigade, and Curva Collective, are a mass of scarf-clad fans usually banging on drums, waving giant flags, and yelling or singing rehearsed and spontaneous chants.

The fans and supporters turn BC Place into something that is unique to Vancouver. You'll hear the chant "Boundary Road," and the hostile hissing of fans aimed at the visiting team.

Nearly everyone will be wearing blue or white scarves, jerseys, or body paint. Signs and flags hang throughout every section, dedicated to players both past and present. The drums are constant, the crowd energetic and the stadium an environment all its own. A Whitecaps FC match at BC Place is more than entertainment, it's an experience.

A brilliant boys night out

CONTRIBUTED

The winter has been long and wet. Work has been piling up. It's about time you got out of the apartment and had some fun.

There's only one thing to do — round up your squad and hit the town. Simple. But in a town with so many options, what's a guy to do? Here's a couple tips for executing a brilliant boys' night out.

First, choose an occasion that fits. Find the right reason to party, and your night on the town will begin fall into place. Birthdays, anniversaries, reunions, bachelor parties; any reason to celebrate will do. Remember, The Hangover started with a wedding.

Next, choose the venue. It sounds easy, but it isn't. It can be tough trying to squeeze 10 or more knuckleheads into your pub of choice, and sometimes the exciting chance to lose money at the casino loses its appeal. Seeing a movie is an option, but one that is usually reserved for your partner. So, what's left?

The hidden gem of options lies only a stone's throw — or a ball's kick — down Robson Street, at BC Place where Vancouver Whitecaps FC own the city's best sporting atmosphere.

In terms of your big night out, a 'Caps game has it all. Book a suite in the middle of the action, squad up, and experience the atmosphere together — and with 20,000 other fans. With a personal suite attendant, upscale food and beverage service, and 15% off team gear, a Whitecaps FC match covers all the bases.

Next time you and the boys hit the town, consider getting a suite at a Whitecaps FC match. It's affordable, accommodating, and unlike any other experience in Vancouver.

NOT JUST THE GUYS

The Vancouver Whitecaps FC season is underway and getting your staff or clients a suite is something you should consider.

As the perfect outing for your department, or the entire company, rewarding your coworkers with a night out to a Whitecaps FC match has a lot of benefits. A suite is a great alternative to the traditional cake in the boardroom option, not to mention you'll get your people out of the office and talking about something other than deadlines. As well, hosting clients in a suite is a sure-fire way to impress and say thank you. Don't miss the 2016 season.

PREM1UM

Suite up.

A Whitecaps FC suite is a great option for a guys' night out or any other special occasion in your life. Enjoy a premium viewing experience and see the 'Caps in style.

Starting at $1,490

For more information:

Tom Tompkins
ttompkins@whitecapsfc.com
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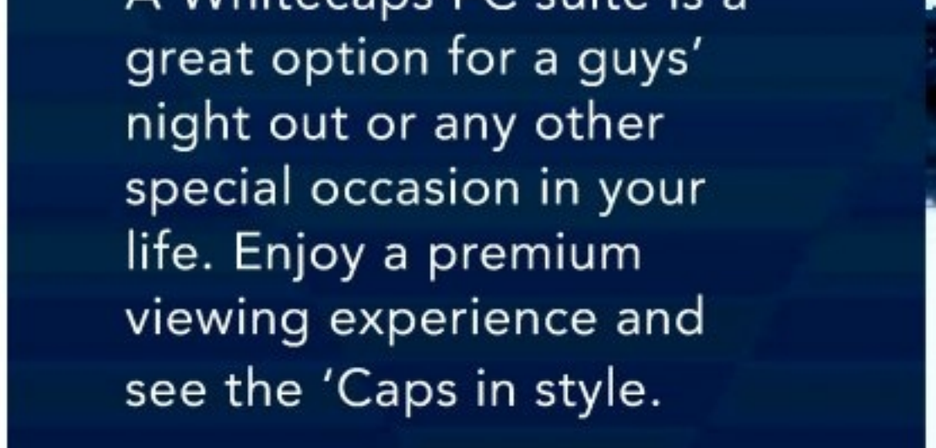

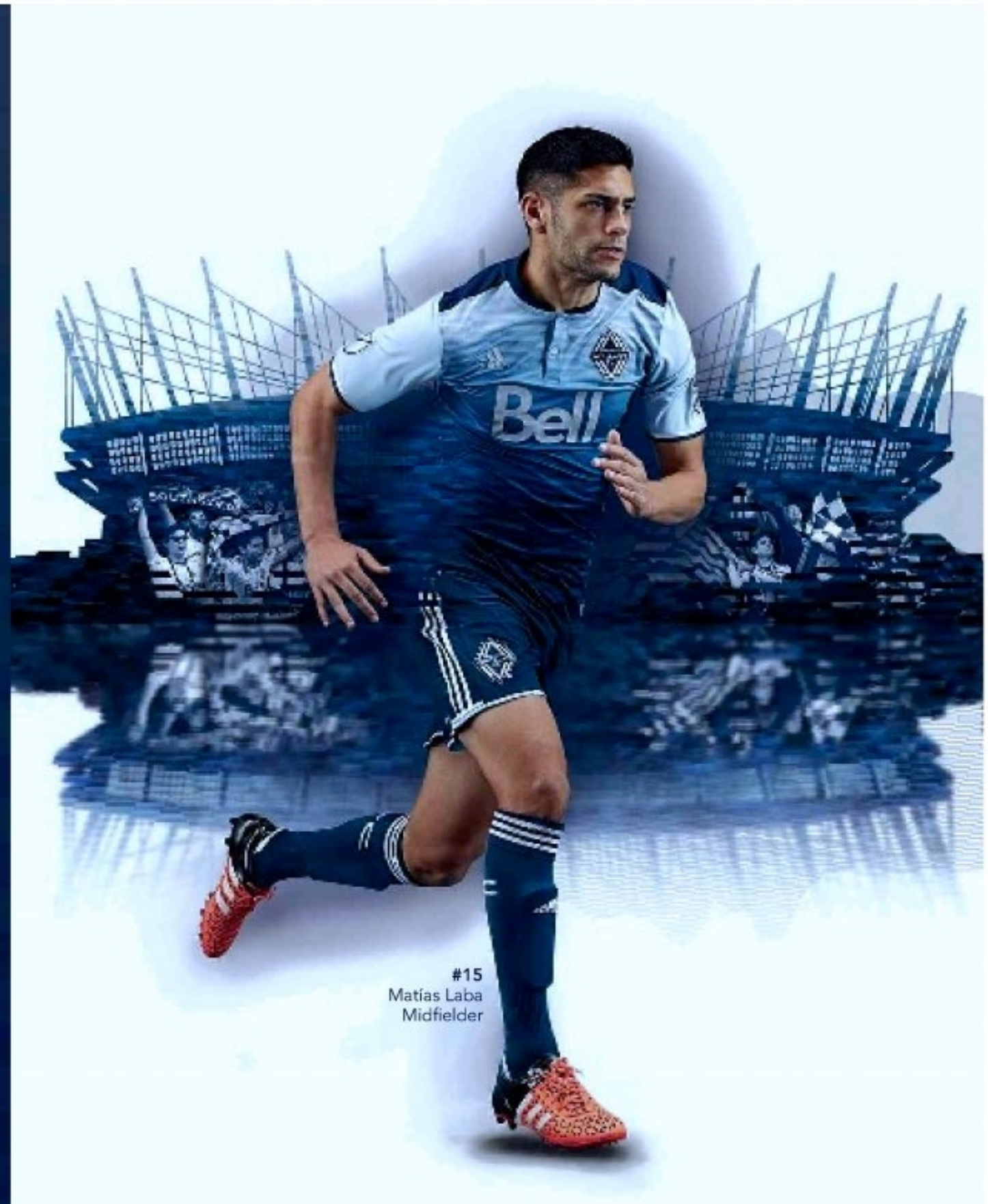

#15
Matías Laba
Midfielder

UPCOMING HOME MATCHES

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FC Dallas — Sat, Apr 23, 7:30 p.m.

LA Galaxy — Sat, Apr 2, 7 p.m.

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metro SPORTS

U.S. 'keeper Hope Solo voiced concerns about subpar field conditions for the final of the SheBelieves Cup against Germany in Boca Raton, Fla.

Welcome to the rugby 7s party

BC PLACE STADIUM

Canada opens up versus Wales on Saturday

Cam Tucker
Metro | Vancouver

Call it the calm before the party.

For now, all members of the Canadian rugby sevens team can really do is practise and prepare before the fun begins Saturday at BC Place Stadium. In the meantime, they'll walk around and check out the city — maybe grab a coffee, said Mike Scholz, a longtime national team member, in an interview with Metro alongside teammate Nanyak Dala.

Anticipation for the World Rugby Sevens Series' inaugural event this weekend in Vancouver has been building for some time, with organizers last week releasing an additional 5,000 upper bowl general admission passes to keep up with demand after initially selling out the lower bowl.

The best teams from around the world — Fiji, South Africa, New Zealand and Australia to name a few — have arrived for the sixth round of the Sevens World Series.

Canada is in Pool B with Australia, Russia and Wales, and will open its portion of the tournament versus Wales on Saturday.

To the eye of the casual observer, the difference between rugby sevens and traditional form of 15 players on each side is clear based solely on the numbers. A single game consists of two seven-minute halves.

The dimensions of the field, however, do not change.

With all that space, rugby sevens is more of a sprint than the physical grind of the traditional form.

"Covering the same amount of space and in shorter time, which means everything is at a high speed, high-sprint level," said Dala, a flanker for Canada.

"They're completely different," added Scholz. "Fifteens guys generally try to be a little heavier. There's a lot more of that close contact, where as the sevens guys are probably a bit faster, a bit fitter."

"Fifteens guys generally try to be a little heavier ... the sevens guys are probably a bit faster, a bit fitter."
Mike Scholz

General admission seating — not mention an eclectic audience — gives fans the opportunity to venture throughout the stadium and naturally meet up with others from the same nation, making the spectator experience feel more like a festival.

"That's part of the fun of sevens," said Scholz. "You're there all day so people turn it into a party."

Team Canada captain John Moonlight uses a Twitter mirror to take a group photo with other team captains at the Olympic cauldron on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

QUALIFYING

Building towards Olympics

The Canadian sevens team will look to use the remaining five rounds of the series schedule as stepping stones toward what promises to be a difficult Olympic qualifier in Monaco from June 18-19.

Rugby sevens makes its Olympic debut in Rio this summer, with 11 of 12 teams on both the men's and women's sides having already punched their tickets to Brazil.

There are 16 teams, including Canada, competing in Monaco for one remaining spot in the Olympics.

"A lot of our focus has been on building gradually through the season to make sure we peak at the right time," said head coach Liam Middleton.

"This is a bit of peaking point for us. We want to make sure we hit a peak at this tournament and then keep building for that Olympic qualifier and hopefully the Olympics after that."

"The Olympics is the pinnacle of sport for any athlete," added Nanyak Dala.

"You have your sport in the Olympics, you strive to play at the highest level. It's only natural that every guy wants to give it a try no matter what."
CAM TUCKER/METRO

Canucks goalie Jacob Markstrom and defenceman Alex Biega defend against the Coyotes' Shane Doan. THE CANADIAN PRESS

NHL

Nucks sign Tryamkin to entry-level deal

The Vancouver Canucks made it official on Wednesday, announcing the signing of prospect and former KHL defenceman Nikita Tryamkin to a two-year entry-level deal.

The announcement came down less than four hours before the Canucks hosted the Arizona Coyotes in a battle of two teams essentially done in the playoff race and now playing for a lottery pick, so yes, the Tryamkin signing, which had been in the works for a while, overshadowed the proceedings at Rogers Arena later in the evening.

With Vancouver's NHL team in the midst of a rebuild, there's considerable intrigue surrounding Tryamkin, who the Canucks took in the third round of the 2014 draft. He's a giant at six-foot-nine-inches tall. He's said to be mobile for being that tall and apparently has some decent hands, too.

There's a buzz. There's hype.

The same could not be said for the Canucks-Coyotes game, which was the start of a four-game homestand for Vancouver.

Both teams entered Wednesday's contest sitting 10 points back of the Minnesota Wild for the final wild-card spot in the West. They're both closer to the basement of the conference than a post-season spot.

The Coyotes jumped out to a 2-0 lead before Radim Vrbata and Luca Sbisa scored to tie the game in the second period for the Canucks.

Following a scoreless third period, Markus Granlund won the game for the Canucks with a goal in overtime.

It was Granlund's first goal as a member of the Canucks after the team acquired him in a trade with Calgary in February. CAM TUCKER/METRO

Go to metronews.ca for more from the game.

High praise for hemp concussion treatment

NFL

Former player Plummer says league needs to introduce CBD

Former Chicago Bears quarterback Jim McMahon calls himself "old-school," including his use of marijuana both during and after his career.

Yet McMahon's stab at self-medication could be ahead of its time. Researchers at Johns Hopkins plan to test whether a compound found in hemp — and its notorious cousin, cannabis — proves as effective in treating brain injuries as testimonials claim.

Some former players believe cannabidiol, or CBD, could help millions who suffer brain injuries each year, including chronic traumatic encephalopathy, a degenerative disease caused by repeated concussions and found in many former NFL players whose brains have been autopsied.

"I don't think any of us regret what we did," said Jake Plummer, who played 10 seasons before retiring in 2007. "But there's no question it comes at a real cost."

> **"I know others who have replaced hellacious amounts of painkillers with CBD.**
> Former NFLer Jake Plummer

Along with a handful of other retired players, Plummer felt strongly enough about the benefits of using CBD to appear in a public-service campaign titled "When the Bright Lights Fade." It was sponsored by Realm of Caring, a non-profit research organization and CW Botanicals, a dietary supplements company specializing in hemp products. It was released Wednesday as part of National Brain Injury Awareness month with the goal of raising $100,000 to begin the Johns Hopkins study.

"I've had friends, guys I played alongside, whose mood changed from night to day. I know others who have replaced hellacious amounts of painkillers with CBD ... and I hope this gets even more guys involved," Plummer said. "The bigger the number, the better chance we have to get in front of (NFL commissioner) Roger Goodell and say, 'You need to fund this.' Not just for football players, but for the millions of others it could help."

Because of a lack of research and varying federal and state regulations, the science and the law on CBD are far from settled. Major medical organizations have not supported marijuana to treat concussions, but many also say what the U.S. government patent on cannabinoids, including CBD, states: They act as "neuroprotectants" and have shown to be effective at limiting damage in cases of stroke or trauma and to treat degenerative diseases. THE ASSOCIATED PRESS

Former Denver Broncos quarterback Jake Plummer is in favour of CBD treatment for concussion. BRIAN BAHR/GETTY IMAGES

NFL

Broncos searching for new quarterback

Peyton Manning is retired and Brock Osweiler is moving to Houston. Maybe GM John Elway lines up at quarterback next season for the Super Bowl champions?

Brock Osweiler GETTY IMAGES

Maybe not, but Elway is now searching for a couple of signal-callers for a position that has not been in flux since Manning joined the Broncos as a free agent in 2012, when Osweiler was drafted.

While five-time league MVP Manning led them through the playoffs and helped them beat Carolina 24-10 in the Super Bowl, his retirement just before turning 40 was no surprise. But with Elway unable to win a bidding war for Osweiler there's a huge void behind centre. Among the quarterbacks on the market are Robert Griffin III, released by Washington, and former Jet Ryan Fitzpatrick, now a free agent. THE ASSOCIATED PRESS

IN BRIEF

PSG knock out Chelsea

Zlatan Ibrahimovic demonstrated his enduring attacking threat Wednesday by steering Paris Saint-Germain into the Champions League quarterfinals with a goal and an assist in a 2-1 victory at Chelsea.

By replicating the first-leg triumph in the French capital last month, PSG eliminated Chelsea for the second successive season in the round of 16 but it is far more damaging for the London club this time.

THE ASSOCIATED PRESS

Hart wins on nationals debut

Ontario alternate Joey Hart made his national men's curling championship debut in a 9-4 win over Prince Edward Island's Adam Casey. Brad Gushue of Newfoundland and Labrador was in second place at 6-1 after topping Canada's Pat Simmons 7-3.

Earlier, Alberta's Kevin Koe topped B.C.'s Jim Cotter 7-2 and Saskatchewan's Steve Laycock edged Jamie Koe of the Northwest Territories 5-4. Manitoba's Mike McEwen was in third at 4-2.

THE CANADIAN PRESS

TENNIS

Meldonium 'is not doping': Inventor

Meldonium doesn't enhance the performance of athletes, the Latvian scientist who invented the drug at the centre of Maria Sharapova's doping case said.

Ivars Kalvins said that the drug "is not doping," but added it does protect athletes against heart damage during extreme physical exercise.

Maria Sharapova GETTY IMAGES

If the heart is working very hard, the drug "protects the heart cells ... against ischemia," a blood circulation condition, Kalvins said. "This is not the same as increase of performance." THE ASSOCIATED PRESS

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Crossword

OMG: IKEA'S BILLIONAIRE FOUNDER A FAN OF FLEA MARKETS

Frugal billionaire Ingvar Kamprad, founder of Ikea, buys his clothes at flea markets to save money, he said in a documentary to be broadcast Wednesday on Swedish television.

Kamprad, who turns 90 on March 30, has a reputation for penny-pinching, which he claims helped Ikea to become one of the world's top brand names.

"I don't think I'm wearing anything that wasn't bought at a flea market. It means that I want to set a good example," he told Swedish channel TV4, according to business daily Dagens Industri which viewed the documentary.

"It's in the nature of Smaland to be thrifty," he said, referring to Sweden's southern agricultural region where he comes from.

Kamprad is estimated to have an accumulated fortune of about 610 billion kroner (about 65.5 billion euros, $96.6 billion CAD), according to recent Swedish media reports. But it is difficult to separate what belongs to him, what belongs to his children and what is held in a family foundation in one of Europe's most infamous tax havens, Liechtenstein.

In 2006, the American business magazine Forbes listed him as the fourth richest person in the world.

Kamprad's modest spending habits have made headlines over the years. In 2008, he told newspaper Sydsvenskan that a 22-euro bill in the Netherlands had broken his barbering budget.

"Normally, I try to get my hair cut when I'm in a developing country. Last time it was in Vietnam," Kamprad explained. AFP

ACROSS

1. The ____ Never Stops
4. When your ex-boyfriend has intimate photos of you
5. When you send your ex-boyfriend to jail for blackmail
6. When your ex-boyfriend gets out of jail

DOWN

2. When your brother gets your ex-boyfriend fired
3. When your ex-boyfriend comes for revenge
4. Weeknights at 7:30 on CBC

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Life may be challenging but you can make things easier on yourself by not taking it too seriously. Look at the bigger picture: one hundred years from now what will any of it matter?

Taurus April 21 - May 21
The Sun in the friendship area of your chart urges you to get together with people who share your outlook on life. You'll have fun and find ways to make the world a better place.

Gemini May 22 - June 21
Some Geminis are ambitious and some are not but all Geminis like to be noticed. Today will give you the opportunity to step into the spotlight. Unveil your special talent and put on a show.

Cancer June 22 - July 23
If you feel stuck in the same old place, with the same old people, doing the same old things then it's time to break free. A vacation is a good idea, but if you cannot travel right now you can start making plans.

Leo July 24 - Aug. 23
What matters most to you in life? Is it money? Success? Creative fulfilment? Whatever the answer to that question may be you have to make it central to what you are doing.

Virgo Aug. 24 - Sept. 23
Look back over the past six months at the progress you've made. Most likely you've come a long way but there is still further to go before your aims. Keep striding.

Libra Sept. 24 - Oct. 23
With the Sun moving through the wellbeing area of your chart you need to slow down. If your body is giving you signals that it could use a rest you must heed the warning.

Scorpio Oct. 24 - Nov. 22
There's a spring in your step and a smile on your face. Recent events may have been tough but everything is coming easy to you now. There's no limit to how far you can go.

Sagittarius Nov. 23 - Dec. 21
You like to keep your standards high but sometimes you can expect too much of yourself. Today's cosmic influences suggest that you need to let go of unrealistic expectations, both of yourself and others.

Capricorn Dec. 22 - Jan. 20
Think positive and believe that everything will work out for the best — and it will. Nothing is so bad that it cannot be improved by the way you choose to deal with it.

Aquarius Jan. 21 - Feb. 19
Life moves in cycles and the cycle you are going through at the moment may be a bit disruptive, but it's really no big deal. You have handled far bigger challenges in the past and will do so again in the future.

Pisces Feb. 20 - March 20
The positive effects of yesterday's eclipse will linger for a few days, so get out and show the world what you can do. By the end of the week you'll look, feel and act like a new person.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	7	8					
							3	
		4			9			8
			2			1		4
3				4				7
6		9			1			
8			7			3		
	5							
					2	8	9	

RECIPE Fancy Tuna Wrap

PHOTO(S): WANDA WIERENGA

Ceri Marsh & Laura Keogh
For Metro Canada

Do you already know this day is going to run late? No worries, tonight's dinner is going to be on your plate in 10 minutes. It's a wrap, but with protein, veggies and a grain, it's also a perfectly complete meal.

Ready in
Prep time: 5 minutes
Total time: 10 minutes
Serves 2

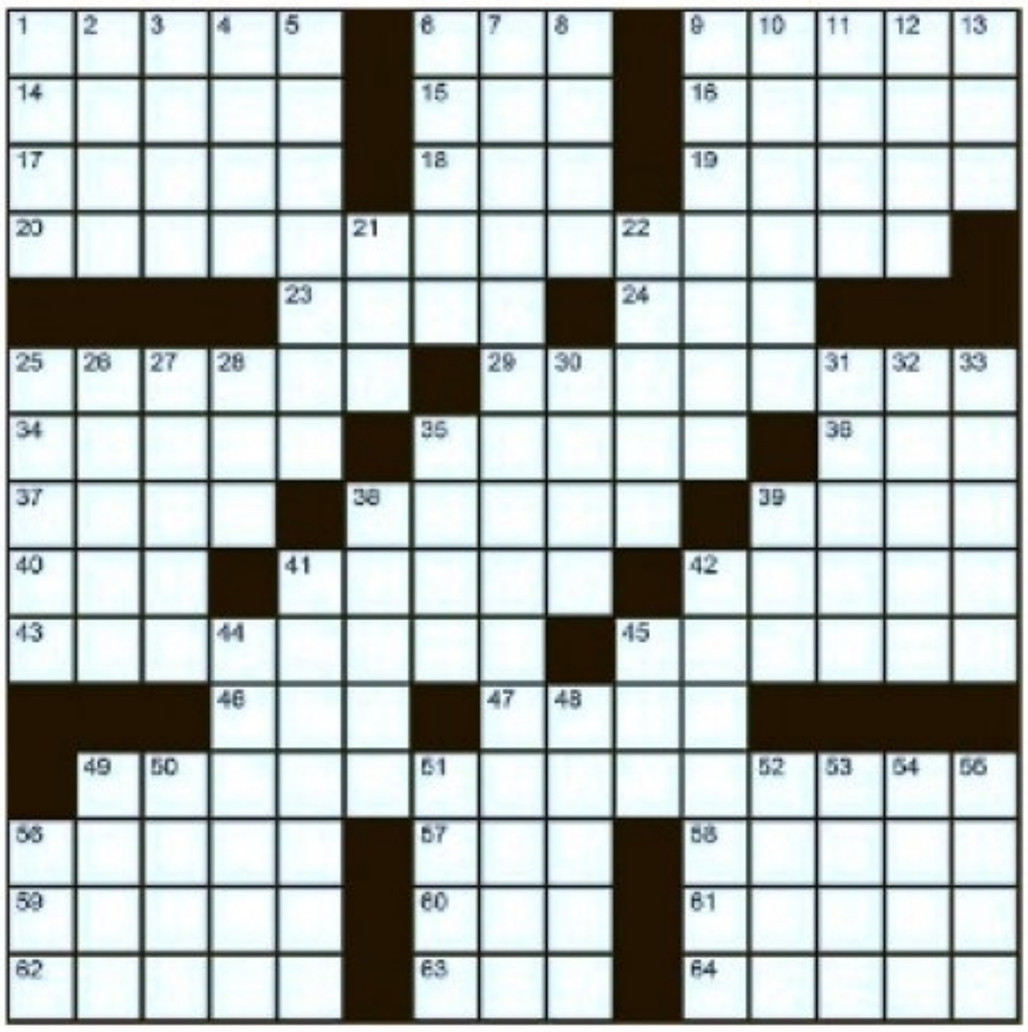
Ingredients
- 1 can tuna, packed in water (5 oz)
- 1 stem of celery, chopped fine
- 3 or 4 cherry tomatoes, chopped
- 1 or 2 Tbsp mayonnaise
- 2 tortillas
- 1 carrot, grated
- 1/2 avocado, sliced

Directions
1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.
2. Lay your tortillas on a work surface. Spoon a stripe of tuna mixture down the middle of each tortilla. Now lay down a strip of the grated carrot, right next to the tuna. Place slices of avocado right next to the carrot.
3. Wrap one side of the tortilla over the other. Now tuck in the sides and keep rolling so everything is snuggly inside.
4. Slice the tortilla in half and serves with a side of mixed greens.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

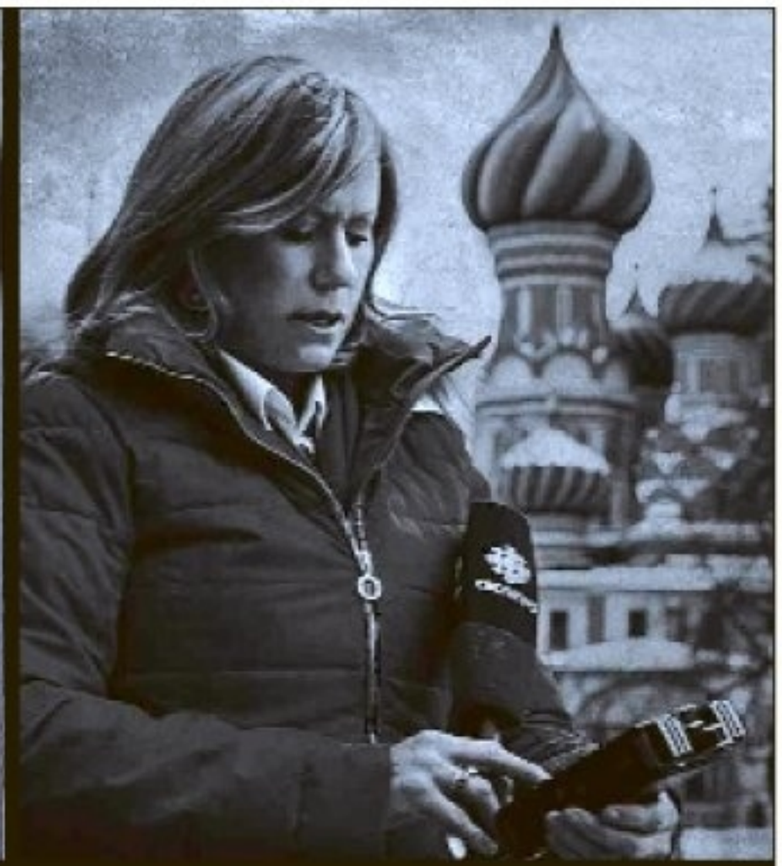


ACROSS
1. D-Day beach
6. Mel's Diner waitress
9. "Rock You" Canadian hard rock band
14. Cheque recipient
15. Knock
16. Architectural arch
17. Domains
18. Goat's hair garment
19. Monsters
20. Cartoon series for one-sibling-born-in-Canada production company Warner Bros.: 2 wds.
23. Happy dance
24. Giant's ickypoo cry!
25. Canadian __ Awards (Sunday, March 13th, 2016 on CBC)
29. Emergency transport at sea
34. Checkmate game
35. Celebrations
36. Seven, fancy-style
37. Bewitched
38. Wishful person
39. Faxed
40. Operate
41. Barbarians
42. Infectious
43. Operatic singing style: 2 wds.
45. Spunk
46. Amer. currency
47. Swerve
49. Ferociously-spinning creature on #20-Across: 2 wds.
56. Mediterranean island
57. HS subject
58. Sphere
59. Not at all pleased
60. Mr. Frehley of Kiss
61. Mr. Macdonald, and namesakes (Host of #25-Across)
62. Polynesian language
63. 'P' in MPH
64. Musical qualities

DOWN
1. Canned meat
2. 'Soft' suffix (Computer-user's purchase)
3. __ and terminer
4. Bring up
5. Gowan hit: "Moonlight __"
6. Entrap
7. Quebec's nickname: 3 mots
8. Gem of Australia
9. They have drawstrings whilst basic sweatshirts don't
10. Yolky/shelly more-y
11. Read: French
12. Burl of "East of Eden" (1955)
13. Letters like the last letter of #9-Across' answer
21. Verse-writer's 'dusk'
22. Bid
25. Scour
26. Comic actor Chevy
27. Force back
28. "C'__ la vie!"
30. 'Favour' suffixes
31. Deflect
32. Important exam
33. Deed
35. __ the bill
38. Auto company
39. Obedience training basic command
41. Long-grain rice variety
42. Rich in vegetation
44. 'Last Stand' commander at the Battle of Little Bighorn
45. Guys
48. Enthusiastic
49. Spanish appetizer
50. Moreover
51. __ tide
52. Slangy suffix to 'Stink'
53. Celebrity decorator Mr. Yip
54. "I've Got the Music __ __" by The Kiki Dee Band
55. Miss, in Glasgow
56. Silent

Adrienne Arsenault for The National

Mark Kelley for the fifth estate



Susan Ormiston for The National

news

Investigates

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